



# GAMYU

Newsletter of the Hualapai Tribe

HAPPY  
EASTER  
April 16, 2017

Issue #07

29<sup>th</sup> Grand Canyon West Anniversary • Saturday, April 8<sup>th</sup>

Submitted by: Rory Majenty | Grand Canyon Resort Corporation

Friday, April 07, 2017



*Celebrating the 29<sup>th</sup> Anniversary of Grand Canyon West  
Saturday, April 8, 2017 & Skywalk 10<sup>th</sup> Anniversary*

► **Welcome Family, Friends & Special Guests** ◄

**Community Bus Transportation (Roundtrip to GCW and Peach Springs Return)**

► Buses Depart Hualapai Lodge at 5:30 a.m. and 6:00 a.m. Depart GCW: 4:30 p.m. and 5:00 p.m. Bus seating is on a First Come; First Serve Basis; No Seat saving, please.

**GCW Airport Main Terminal**

Registration: Receive Entrance Wristband, Anniversary Shirt and Event Information

► 7:00 A.M. Continental Breakfast Served

► 7:30 A.M. After Continental Breakfast, All Visitors Transported Via Shuttle Bus to Eagle Point

► 7:45 A.M. Posting of Colors by the Color Guard by Hualapai Tribal Veterans

► 7:50 A.M. Skywalk 10<sup>th</sup> Anniversary Rededication – On Skywalk Bridge

► 8:30 A.M. Traditional Hualapai Blessing by Frank Mapatis

► 8:40 A.M. Opening Remarks

Dr. Damon Clarke, Chairman, Hualapai Tribe

Candida Hunter, Chairwoman, Grand Canyon Resort Corporation Board of Directors

Brian Siegel, Chief Executive Officer, Grand Canyon Resort Corporation

Ray Martinez, General Manager, Grand Canyon West

► 9:00 A.M. Grand Canyon West 10 - Year Team Member Recognition & Presentation

► 9:30 A.M. Adult & Youth Raffles– MUST be Present to Win: GCRC Employees Not Eligible for Raffle

**11:30 A.M. Hualapai Traditional Song and Dance**

We Invite the Participation of All Hualapai Traditional Singers and Dancers

**10:00 A.M. LUNCH SERVED at Eagle Point & GCW Ranch**

**GCW Hualapai Ranch**

(1:00–5:00 P.M.) LIVE ENTERTAINMENT

- Free Wagon Rides
- Free Mechanical Bull Rides

**ANNIVERSARY OFFERS (with tax/fees)...**

**\$5.43 Skywalk Photographs & \$97.65 Helicopter/Pontoon Tour**

• **Enjoy Free Food & Beverage At The Following Points:**

- **Terminal:** Continental Breakfast - Fresh Fruit, Cereal, Cereal Bars, Pastries, Juice, Milk, Yogurt
- **Skywalk / Eagle Point/Ranch:** Hamburgers, Hot Dogs, Steaks, Baked Potato, Corn On The Cob

## Special points of interest:

- The next Earth Day Planning Meeting will be Friday, April 14, 2017 at 11:00 a.m. in the Hualapai Tribal Chambers.
- HTUA Meeting on Thursday, April 20, 2017 at 9:00 a.m. at the Hualapai Health & Wellness Department.
- Community Earth Day Clean-up will be on Friday, April 28, 2017.



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## Intent to Purchase Trout Creek Ranch

*Submitted by: Dr. Damon Clarke, Chairman | Hualapai Tribe*

### Trout Creek Ranch

The purpose of this declaration is to inform you of the Hualapai Tribal Councils' intent to purchase "Trout Creek Ranch" in Mohave County, AZ. Trout Creek Ranch is located 40 miles Southeast of Kingman and about 15 miles North of Wikieup. The price of the Ranch, which includes all equipment and livestock, is \$925,000.00. The areas that we are looking at are ancestral to the people of the Hualapai and have burial sites of some of our ancestors. We are looking to the people for a vote to purchase the Ranch. The intent is to re-establish our Tribal Herd, to employ ranch hands, and to maintain the Ranch that will be able to produce alfalfa, oats, and Bermuda. We will be able to sell our feed to local cowboys and others at a reasonable price.

There is electricity and telephone already hooked up at the area. The Ranch is in the Bill Williams River Watershed for surface water and the Wikieup Sub-Basin of the Big Sandy Groundwater Basin. It has two wells that are in operation, but in fact there are four wells registered. There is surface water registration and it is 1,814 acre feet annually for irrigation and stock. The Ranch is located near the Hualapai Indian Reservation to the south.

Included in the price is an old ranch house, another frame house, three-mobile homes, hook up for RVs with water, power, and septic system. Corrals, working pens, and other outbuildings are nearby. There are 40 head of cows, 5 bulls, and 3 heifers that are included. Other equipment are included "as is" to work the fields. It is 163 acres in which 35 acres are irrigated and planted with alfalfa, oats and Bermuda.



## Request for Project Management Proposals • Closes Monday, April 10<sup>th</sup>

*Submitted by: Kevin Davidson | Hualapai Planning Department*



### Request for Project Management Proposals for Building Three Single-Family Homes in Peach Springs, Arizona

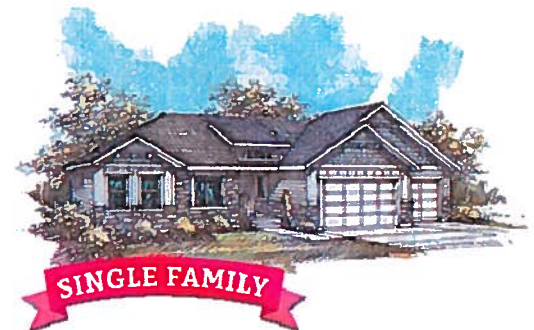
The Hualapai Indian Tribe is soliciting consultant services to coordinate and oversee the administration, selected re-design, procurement and construction of three Single-Family Homes in the Box Canyon community of Peach Springs, on the Hualapai Indian Reservation. Proposals will be accepted from both Indian-owned and other firms for this project. Proposals are due on Monday, April 10, 2017, at 5:00 PM.

All questions must be submitted in writing and may be sent via email to the individual listed below. All bids shall be submitted to:

Kevin A. Davidson, Director  
Hualapai Tribe Planning & Economic Development Department

Mail to: P.O. Box 179 or  
Deliver to: 887 W. Highway 66  
Peach Springs, Arizona 86434  
Phone: (928) 769-1310 Ext. 22  
Fax: (928) 769-1377

Or e-mail to: [kdavidson@hualapai-nsn.gov](mailto:kdavidson@hualapai-nsn.gov)  
See [www.hualapai-nsn.gov](http://www.hualapai-nsn.gov) for RFP posting



**JUST A LITTLE**  
*Reminder*

Please remember to submit your Gamyu articles in by the deadline to avoid any inconvenience with the print time. It is a bi-weekly newsletter publication and this newsletter is also available on-line for your convenience at: <http://hualapai-nsn.gov>

**Article Deadline:**  
Friday, April 14<sup>th</sup>

**Next Publication:**  
Friday, April 21<sup>th</sup>

## Hualapai Juvenile Detention & Rehabilitation Center Donates Quilts

Submitted by: Patrick Gonzales | Hualapai Juvenile Detention & Rehabilitation Center

While attending a meeting with Joann Whatoname, she mentioned that they had nothing for the kids at Social Services when they pick them up at night to keep them warm.

So with the scrap material we had at the facility and some donated material, we at HJDRC made 10 quilts to donate to the shelter. The staff and the youth have been cutting and sewing quilts and are working on our second batch for the community youth at social services.



We are pleased to help out and feel it is just another part of serving the community

Patrick Gonzales, Kitchen Supervisor HJDRC



## Diamond Creek Restaurant • April Specials

Submitted by: Shawna Havatone | Diamond Creek Restaurant

# April 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Nacho Supreme
2 Patty Melt	3 Alfredo W/ Garlic Bread	4 Baked Chicken Dinner	5 Carne Asada Fries	6 Breakfast Burger *Salad Bar	7 Fish & Chips *Salad Bar	8 Meat Loaf Dinner
9 BBQ Pulled Pork Sand	10 3 Tacos W/ Rice & Beans	11 Egg Salad on Croissant	12 Grilled Cheese and Tomato Soup	13 Mini Chef Salad	14 Fish And Chips	15 Lasagna
16 Chefs Choice	17 Chicken Quesadilla W/R & B	18 Baked Ravioli	19 Mini Tacos W/ Rice & Beans	20 Reuben Sandwich *Salad Bar	21 Fish & Chips *Salad Bar	22 Beef Stroganoff
23 Pork Green Chili Hualapai Taco	24 Chili Beans W/ Cornbread	25 Chili Dogs W/ Fries	26 Hot Turkey	27 Mama Mia Burger	28 Fish And Chips	29 Chefs Choice
30 Mini Spaghetti W/Salad						

Diamond Creek Restaurant  
900 Rt. 66  
Peach Springs, AZ  
928-769-2800

Specials are subject to change without notice..

Specials are available until sold out

**Notice to Individuals • Monday, May 22<sup>nd</sup>***Submitted by: Court Clerk | Hualapai Tribal Courts*

IN THE HUALAPAI TRIBAL COURT  
HUALAPAI RESERVATION, STATE OF ARIZONA

HUALAPAI DAY CARE CENTER,

PETITIONER,

VS.

REBECCA GOLDENSTEIN,

RESPONDENT,

CASE NO. 2016-CV-085

**NOTICE OF HEARING**

TO: REBECCA GOLDENSTEIN- PEACH SPRIGNS, AZ 86434

You are hereby notified that on 22<sup>ND</sup> day of MAY, 2017 at 2:00 P.M. the court will hold an **INITIAL HEARING** in the above-entitled cause.

You are further notified that it is your right to be represented by Legal Counsel at your own expense.

Your failure to appear at the above-mentioned date, time and place without good cause will result in a Default Judgment entered against you and the Petitioner will be awarded the contents of his/her petition.

Dated this 22<sup>ND</sup> day of MARCH, 2017.



Clerk of Court

## VERIFICATION OF SERVICE:

SERVED TO: GAMYU NEWSLETTERSERVED BY: T.SHONGO CIVIL CLERKDATE/TIME: 3/22/17 AT 4:38 P.M.



## La Paz Run 2017 • Runner Application Deadline Friday, April 7<sup>th</sup>

Submitted by: Pete Imus | Hualapai Youth Services

# La Paz Run 2017

## From Fort Beale/Kingman to Peach Springs, AZ



Friday April 7, 2017

**Runner Application Deadline**

**6:00PM Runners Meeting**

**Health Education & Wellness Center**

**488 Hualapai Way, Peach Springs, AZ**

Saturday April 15, 2017

**5:30AM La Paz Site—Ehrenberg, AZ**

Blessing of Site, runners and community members welcome. Breakfast to follow at 6:30AM.

**Directions to La Paz site:** In Parker, AZ starting at the intersection at CRIT tribal complex, travel 40 miles south on Mohave Road. La Paz site is near mile marker 203 on the west side.

**Hotel Information For April 14th:** Best Western Flying J Motel (928) 923-9711, located at I-10 exit 1 S. Frontage Road in Ehrenberg, AZ. Attendees are responsible for their own room expense and meals.

**10:00AM Fort Beale Site/Kingman AZ, Fort Beale Dr.** Blessing and walk through of site.

**11:45AM Kingman Lewis Park, 2201 E. Andy Devine, Ave.** Bird singing & dancing and lunch.

Wednesday April 19th, Community Gathering

**6:00PM Multipurpose Building—Peach Springs, AZ**

Attendance is a must for runners, All tribal members are welcome to attend. There will be sharing of La Paz history and dinner.

Friday, April 21, 2017

**3:15AM—Runners meet at Route 66 Park in downtown Peach Springs for transport to Fort Beale.**

**5:00AM—Morning blessing at Fort Beale, ALL RUNNERS START/FINISH TOGETHER.**

Runners arrive at "China Town" for regroup and entry into Peach Springs. Runners may arrive into Peach Springs between 12:00PM and 2:00PM. Meet community members at Route 66/ Diamond Creek Rd. intersection to march to tribal gym. Enter gym for final run blessing and community dinner.

## Running to Honor Our Ancestors. Running to Heal Our Land, Our People.

Run restricted to 18 years and older, unless minor 14-17 years of age is the son/daughter of an adult runner. Throughout La Paz observances, runners are to remain abstinent, drug and alcohol free when participating in run and activities. Vehicle restriction will be designated to assigned drivers and vehicles being utilized during the run. Please limit personal belongings that can be carried in pockets. **NO PERSONAL ELECTONICS.** To register to run please contact Youth Services 769-2207 to complete a registration form by April 7, 2017.

### 2017 La Paz Run Medical Questionnaire

Place completed form in an envelope and return to Health Education & Wellness/Youth Services by **April 7, 2017**. Information is needed should you need any medical attention on the run and to ensure you receive proper medical care. Run restricted to 18 years and older, unless minor 14-17 years of age is the son/daughter of an adult runner. Throughout La Paz observances, runners are to remain abstinent, drug and alcohol free when participating in run and activities 4/7-4/21. No electronics while on the run. Runners are to be on the run all two days. Please ensure your participation in run related activities.

**Runner must be of Tribal descent.**

Runner Name: \_\_\_\_\_

Contact information should the La Paz committee need to contact you regarding the run.

Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Circle one: Male Female Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Past Medical History: \_\_\_\_\_

Have you been diagnosed or have a history of any of the following (circle all that apply):

Asthma	Diabetes	Thyroid	Tuberculosis
HIV/AIDS	Hypo/Hyper Glycaemia	Hepatitis	Heart Problems
Foot Problems	Liver Disease	Cancer	Seizure Disorder
High Blood Pressure	Low Blood Pressure		

What type(s) of medications do you take (prescription or over the counter), please include dosage(s):

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Are you allergic to any medications? Yes No

Please list if you circled yes above: \_\_\_\_\_

List allergies: \_\_\_\_\_

Any other medical conditions not listed above that Peach Springs EMS need to be aware of:

\_\_\_\_\_  
 \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Relation: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_

I, \_\_\_\_\_, feel that I am in proper condition to participate in the La Paz run and I will not hold the La Paz committee or Hualapai Tribe liable for any accidents, injuries or deaths.

Signature \_\_\_\_\_ Date \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

For participants 14-17 years of age \_\_\_\_\_

I, \_\_\_\_\_, feel that my child named above, is in proper condition to participate in the La Paz run and I will not hold the La Paz committee or Hualapai Tribe liable for any accidents, injuries or deaths.

Designated chaperone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

**REGISTRATION DEADLINE APRIL 7, 2017**  
**NO EXCEPTIONS**



**10<sup>th</sup> Annual Hualapai Junior Rodeo • 2017 Season Begins Saturday, April 8<sup>th</sup>***Submitted by: Danielle Bravo | Hualapai Planning Department***10<sup>th</sup> Annual Hualapai Junior Rodeo  
2017 Season**

Dates: April 8  
May 13  
June 3  
Finals: July 8

9:00 a.m.  
9:00 a.m.  
tba  
tba

Events: Goat Tail Pull  
Goat Tying  
Barrel Racing  
Pole Bending  
Team Roping  
Break Away  
Stick Pony Race  
Steer Stop

Ages: 0-5 yrs  
6-9 yrs  
10-12 yrs  
13-18 yrs

**HJR**

Location: Mile post 102.5 on Route 66 4H, Youth and Ag. Facility

**Entries will be taken up till 8:30 event starts at 9:00.am**

**For more Information Please contact Winkle Crook at (928) 769-2255**

**Cook and Play • Wednesday, April 19<sup>th</sup>***Submitted by: Jacinda Powskey | Hualapai Education & Wellness, Home Visitor Trainee***COOK AND PLAY**

**WHEN:** Wednesday, April 19, 2017

**TIME:** 5:00 pm to 7:00 pm

**WHERE:** Multi- Purpose Building

The Maternal Child Health First Things First Program invites you for another fun-filled night with your family. Parents will learn to prepare a new nutritional meal and the children are going to be engaged in hands on activities with other children as well.

If you have any questions regarding the event, please do not hesitate to call Vivian Parker and Jacinda Powskey at 769-2207 ext. 206 or stop by the Health Department for more information.

**FIRST THINGS FIRST***Ready for School. Set for Life.*



## Society for Range Management Spring Tour & Workshop • April 11<sup>th</sup> & 12<sup>th</sup>

*Submitted by: Elisabeth Alden | University of AZ Cooperative Extension*



THE UNIVERSITY OF ARIZONA  
COLLEGE OF AGRICULTURE & LIFE SCIENCES  
**Cooperative Extension**  
Mohave County

Society for Range Management  
Arizona Section



University of Arizona Cooperative Extension and

Arizona Section SRM

Spring Tour and Workshop

April 11-12, 2017

Hualapai Indian Reservation, Peach Springs, AZ

**Tuesday, April 11, 2017**

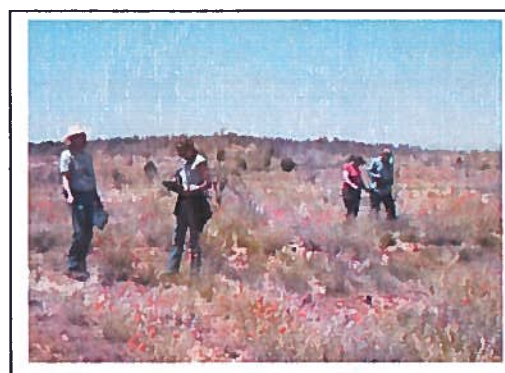
- Considerations for Monitoring/Key Area Concepts
- Ecological Sites/State-and-Transition Models
- Overview of Methods: Point Ground Cover; Pace Frequency; Dry Weight Rank & Line Intercept
- Monitoring Field Practice

**Wednesday, April 12, 2017**

- Brush Treatment (mulching)
- Brush Treatment (dead standing)
- Travel to Livestock/Wildlife Interaction site

(Prairie Dog Town)

Certified Professional in Rangeland Management (CPRM)  
CEU's will be available.



**Hotel accommodations:** Hualapai Lodge, 900 Route 66, Peach Springs, AZ (928) 769-2230

Grand Canyon Caverns, 115 Mile Marker AZ-66, Peach Springs, AZ (928) 422-3223

Please RSVP (in the event of a sponsored lunch) or for more information contact:

Andrew Brischke [brischke@cals.arizona.edu](mailto:brischke@cals.arizona.edu)

Christine Murphy [christinemurphy@email.arizona.edu](mailto:christinemurphy@email.arizona.edu)

Or call the Mohave County Extension office at (928) 753-3788.

***\*\*There is no charge for this workshop. Participants are responsible for their own accommodations. Please be prepared to bring your own lunch in the case we cannot secure a lunch sponsor***

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Extension & Economic Development, College of Agriculture Life Sciences, The University of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, sexual orientation, gender identity, or genetic information in its programs and activities. "Persons with a disability may request reasonable accommodation, such as a sign language interpreter, by contacting Christine Murphy, at (928) 753-3788. Requests should be made as early as possible to allow time to arrange the accommodation."





## Hualapai Cultural Resource Department

*Presents*

### Art Drawing Contest

For Hualapai Tribal Youth

ages: 8 - 14 years' old

Deadline to submit Art Drawing  
will be April 12, 2017 12:00pm

@ Hualapai Cultural Resource Center

This Art Drawing theme will be the Route 66 Fun Run and the Peach Springs community

Must be on 8.5"x11" paper with Colored pencil or pencil is acceptable



FOR MORE INFORMATION, YOU MAY CALL HUALAPAI CULTURAL RESOURCE DEPARTMENT (928)769-2234/2223

**Child Abuse & Neglect Training • April 12<sup>th</sup> & 13<sup>th</sup>***Submitted by: JoAnn Whatoname | Hualapai Human Services***Child Abuse & Neglect Training****APRIL 12, 2017 @ MULTI-PURPOSE BUILDING****9AM- 5PM**

9:00am - 10:15am	JoAnn Whatoname	Child Abuse and Neglect Training
10:30am- 11:1 am	Rena Jaramillo- Madelina Cesspooch Health Department	Presentation of effects on children who are Born with alcohol and drugs/Prenatal Care "Why It Is Important"
11:30am - 12:00pm		"POWER OF CHOICE" filmed here on the Hualapai Indian Reservation under the DVPI Program.
12:00pm - 1:00pm		Lunch Provided
1:00pm - 2:00pm	Leon Gahate	Juvenile Dependency Neglect
2:30pm - 3:00pm		"ACTIVITY"
3:00pm - 4:30pm	Jorigine Paya	How we took care of our kids along time ago
4:30pm - 5:00pm		QUESTIONS

**STOP THE ABUSE "PRETTY PLEASE"**



## **APRIL 13<sup>th</sup>, 2017 @ MULTI-PURPOSE BUILDING**

**9:00am – 12:00pm**

**Caroline Antone**

**Personal Experience in Child Abuse  
And Sexual Assault**

**12:00pm to 1:00pm**

**LUNCH PROVIDED**

**1:00pm to 3:00pm**

**Gilbert Mendoza**

**Personnel Experience in Child  
Abuse and Sexual Assault.**

**3:00pm to 3:15pm**

**Mike Whatoname**

**Will air on the 100.9 radio station  
dedicated to all the "CHILDREN" that have been victims of child abuse.**

**We are Hualapai People Stand Against "CHILD ABUSE AND NEGLECT"**





## Tribal Economic Outlook Conference • Thursday, April 13<sup>th</sup>

*Submitted by: Kevin Davidson | Hualapai Planning Department*

### 2017 Tribal Economic Outlook Conference

Thursday, April 13, 2017 9 AM - 12 PM



*Our Keynote Speaker:*

#### Arlan D. Melendez

Chairman of the Reno-Sparks Indian Colony

Arlan D. Melendez is the Chairman of the Reno-Sparks Indian Colony, a federally recognized Tribal Government representing 1,134 Paiute, Shoshone and Washoe tribal members located in Reno, Nev.

Chairman Melendez, a Paiute Indian, was first elected to the Tribal Council in 1989 and has served on the Tribal Council for 29 years, twenty-five years as Chairman. Under Chairman Melendez's leadership, the Reno-Sparks Indian Colony has maintained a stable Tribal government which is essential to self-determination and economic development.

#### Panelists

**Wells Fargo – The Private Bank**

*Sean McCarthy, CFA, Regional Chief Investment Officer, Southwest*

*Kimberly Ryan, CFA, Equity Portfolio Manager,  
Social Impact Investing*

*Claire Veuthey, Senior Research Analyst*

**Learn more:**

**[franke.nau.edu/caied/teoc](http://franke.nau.edu/caied/teoc)**

**Register Now:**

**[www5.nau.edu/franke/caied/teoc](http://www5.nau.edu/franke/caied/teoc)**

Individual Tickets \$50   Corporate Table (7 seats) \$300

VIP Table (5 seats) \$500, 4 tables available

Full Breakfast included; served from 8-9 AM | Registration from 8-9 AM

*Register early; space is limited. To register or for more information contact:*

Gwen Cody of the NAU Center for American Indian Economic Development

928.523.7320 | [gwendolyn.cody@nau.edu](mailto:gwendolyn.cody@nau.edu) | [franke.nau.edu/caied/teoc](http://franke.nau.edu/caied/teoc)



*Held at the  
High Country Conference  
Center*

*201 E. Butler Avenue  
Flagstaff, Arizona 86001*

## Spring Into Reading Informational Event • Thursday, April 13<sup>th</sup>

*Submitted by: Barbara Tinhorn*

# Spring Into Reading

Thursday, April 13

5:30– 7:00pm

Multi-Purpose Building

**You and your family  
are invited to this  
fun and informational  
event!  
Dinner will be served!**



Brought to you by the  
Read On Hualapai Program,  
Maternal Child Health, and  
EW4H



**Mohave Electric Cooperative Planned Outage • Thursday, April 13<sup>th</sup>**

*Submitted by: Adeline Crozier | Hualapai Tribal Administration*



**P.O. Box 1045, Bullhead City, AZ 86430**

March 27, 2017

Dear Member,

We know you rely on Mohave Electric to provide reliable service and we also know that you want to be notified when there is a planned outage in your area.

Mohave Electric Cooperative is planning a brief outage on Thursday, April 13 at approximately 9:00 pm. The outage affecting your service is expected to last about 5 minutes.

This planned outage is necessary to complete reliability improvements to MEC's system serving your area.

If your power is still off after 9:10 pm, please call our outage number at 1-844-632-2667 and press option 1.

If you have questions about this planned outage, call Mohave Electric at 1-844-632-2667 and press option 5.

As a member of the Cooperative myself, I join your member-elected Board of Directors, management, and employees in our commitment to improving the reliability of your electric service.

Sincerely,

J. Tyler Carlson  
Chief Executive Officer





# Sherman Indian High School 32<sup>nd</sup> Annual Pow-wow • Saturday, April 15<sup>th</sup>

Submitted by: Jessica Powskey | Hualapai Health & Wellness

## Sherman Indian High School 32<sup>nd</sup> Annual Pow-wow Saturday April 15, 2017 Riverside, California

Grand Entry: 12 pm

GATES: Open at 10 am. Gourd Dancing: 11 am & 6:30 pm

RETIRING OF THE COLORS: 6pm

ADMISSION: Free      PARKING: \$3.00

All proceeds (after costs) from the Pow Wow are used for Senior Scholarships

### Head Staff

Blessing: Gilbert Johnson Jr.

Headman: Michael Ute

Headwoman: Courtney Beecher

Master of Ceremonies: J Spottedhorse

Arena Director: Robert Roberts - Dominic Dugan Co-Ad

Sherman Eagle Staff: Nathaniel Little

Host Northern Drum: Buffalo Cr

Host Southern Drum: Southern Special Invitation So. Ca. Gourd Society/Open to all  
Gourd Dance & Singers

Featuring: Intertribal Bird Singers, Apache Crown Dancers & White Rose Singers Hand  
Dance Club

**\*\*Cowgirl Special\*\***  
Winner takes all

Spoon Keepers: Cherokee Community Inland Empire

Open to all to all former Miss Sherman's & All Sherman Alumni.

Please bring your own chairs & shade

### MISS SHERMAN PAGEANT

Hosted by Miss Sherman

2016/2017 Mikelle Davis

Friday April 14, 2017, 6pm-9pm

Robert Levi Memorial Auditorium

### VENDOR INFORMATION:

Arts & Craft Booths - \$175

Food Booths - \$250

Deadline: April 01, 2017

Contact: Gayle Johnson

Phone: (951) 276-6325 Ext. 332

Pow-wow Coordinator: Debbie Monroe

Phone (951) 276-6325 Ext. 320

### \*IMPORTANT NOTICE\*

Sherman Indian High School is an Alcohol and Drug and Smoke Free Campus! No Drugs, Alcohol, Tobacco, or anyone Under the Influence of any of these Substances will be allowed. Security is strictly Enforced & Violators will be prosecuted. No pets allowed. No firearms Allowed.

Sherman Indian High School is not be responsible for any theft, loss or damage to property or person(s).



## Hualapai Elderly Committee Meeting Minutes • March 28<sup>th</sup>

*Submitted by: Barbara Tinhorn | Hualapai Elderly Committee*

### Agenda for Hualapai Elderly Committee Mtg. March 28, 2017

- I. Quarterly Mtg. for QICOA San Carlos, AZ. March 16, 2017
- II. Upcoming Events
- III. Any Concern

- I. Quarterly Mtg. Unfinished Business (a) Submit bylaw amendments. They want to delete/change words. We have to vote on every single item. People got confused so they tabled it. We will have one day to do this by itself. (b) 27th Annual AICOA Conference (1) Review Completed Items - Sponsorship Packets, Registration Packet/Book the We-Ko-Pa Resort. (2) Undecided Items Conference Theme (Tribal Elders Unite) (3) Agenda table (4) Keynote/Speakers kept a lot from the 2015 Conference (5) volunteers need 100 maybe we the representatives/alternatives can volunteer (6) Vendor Fees \$75.00x2days=\$150 (7) T-shirt tabled (8) Conference bags voted on 2 colors (9) Raffle need donations for raffle items/for speaker gifts (C) Recruitment AICOA: Sue and my terms are up in August 2017 (D) They have lost Mary, she got another job. They went over their job description. New business (a) brochures pixs of the committee of what we do for the Native Elder tribes. (b) ITAA Congressional Wk (Federal) Joyce/Dianne (Hopi) are going to WA. (c) Decide June AICOA, it will be at We-Ko-Pa Resort Scottsdale, AZ. They are doing a banquet for those members whose term is up. We are to wear our traditional outfit. We will also go on a tour of the Resort.

- II. Upcoming Events: March 30th BINGO 12 p.m.– 1 p.m.

- III. April 8th Grand Canyon West Anniversary

April 10-13 Easter Activities at Elder Center at 1:00 p.m.

#### 2017 Calendar of Events

Please choose the 5 events you want to go to. Number them 1-5. WE CAN'T GO TO EVERYTHING ON THE LIST!

February 26, 2017	SRPMIC Senior Games; Scottsdale, AZ. (Salt River)
March 17-19, 2017	Elderly Chair Volleyball Tournament (LaVeen, AZ.)
March 23, 2017	Volleyball Tournament Fountain Hills, AZ. (Salt River)
April 28, 2017	Volleyball Tournament; Ft. McDowell
May 12-13, 2017	Quechan Senior Games; Yuma, AZ. (Ft. Yuma Quechan Indian Res.)
Aug. 2, 2017	Senior Games; Sacaton, AZ.
Sept. 14-15, 2017	Moenki Senior Field Days (Tuba City, AZ.)
Oct. 13-14, 2017	Mohave Senior Games (Needles, AZ.)

#### Hualapai Calendar of Events (FYI)

March 28, 2017	Regular Elder Mtg. Noon
March 30, 2017	BINGO 12-1p.m.; at the Elder Center
April 8, 2017	GCW Anniversary
April 10, 2017	Make Easter Basket @ Center at 1:00 p.m.
April 11, 2017	Dye Easter Eggs @ Center at 1:00 p.m.
April 12, 2017	Decorate Sugar Cookies @ Center at 1:00p.m.
April 13, 2017	Easter Luncheon, Easter Egg Hunt @ 1:00 p.m.
April 20-21, 2017	La Paz Run
May 6-7, 2017	Route 66 Days
May 13-17, 2017	Sobriety Festival Days
June 9-11	Gathering of the Pai Festival (Peach Springs, AZ.)

## Natural Resource Conservation Workshop • July 17<sup>th</sup> - 21<sup>st</sup> — Due Monday, May 1<sup>st</sup>

Submitted by: Elisabeth Alden | University of AZ Cooperative Extension



# Natural Resource Conservation Workshop for Arizona Youth

July 17 - July 21, 2017 James 4-H Camp

### Highlights

- Learn lifelong skills and create lifetime friendships.
- Explore and study Arizona's forests, streams, rangelands, soils, plants, and wildlife with expert instructors who will intrigue and challenge you!
- Lots of small group learning activities in the forests of the Prescott National Forest.
- Gain hands-on experience with hi-tech equipment, field testing, data collection and project design.

### Details

**Dates:** July 17-21, 2017

**Where:** James 4-H Camp between Prescott & Jerome

**Tuition:** \$150 per student (Financial assistance is available. Please indicate on application if assistance is needed.)

Open to all youth entering grades 8-12 in the fall of 2017.

**Limit:** 35 participants.

**Deadline for Applications:** Postmarked by May 1, 2017 and include \$75 deposit.

Applicants will be notified of selection results no later than June 1, 2017.

Upon notification of acceptance, the remaining \$75 fee is to be paid unless other aid has been requested and awarded.

An exciting opportunity for you to explore the great outdoors and experience the thrill of a unique adventure. The 53<sup>rd</sup> Annual Natural Resource Conservation Workshop for Arizona Youth is an interactive camp bringing together the latest in science and natural resource technology.

Mingus Mountain, in the Prescott National Forest, is the setting for learning about water, soils, plants, and other natural resources. You will discover nature by conducting experiments and completing outdoor projects. A major focus will be on natural resource basics and management techniques. This is a hands-on workshop! Youth will have many opportunities to discuss natural resource issues. Various group activities such as fishing, hiking, swimming, volleyball & horseshoes will be available during your free time.



### Eligibility

Youth entering grades 8-12 in the fall of 2017 are eligible to apply. Youth must have an interest and desire to learn more about the environment in which we live. No applicant will be denied attendance because of financial need. Selection is made based on the merit of the application.

### How To Apply

Complete the application or type the following on a single sheet of paper: Name, address, phone number, grade entering in the Fall of 2017, and email address (if available). Answer the following questions: 1) Explain why you would like to attend this camp. 2) Describe your interests and activities related to natural resources. 3) Describe any other special interests, hobbies, and involvement in community or school activities. 4) If appropriate, indicate the need for financial assistance.

Mail application with \$75 deposit, postmarked by May 1<sup>st</sup> to:

Kim McReynolds, Workshop Director,  
AZ Section Society for Range Management  
450 S. Haskell, Suite A, Willcox AZ 85643

**Questions:** Contact Kim at 520-766-3602 or [kimm@cals.arizona.edu](mailto:kimm@cals.arizona.edu)

### Location & Accommodations

James 4-H Camp is located on a secluded 88 acre wooded site at an elevation of 6,500 feet on Mingus Mountain in the Prescott National Forest. Participants will be housed in rustic cabins with a central bathhouse consisting of modern bathrooms and showers.





**53<sup>rd</sup> Annual Natural Resource Conservation Workshop for Arizona Youth**  
**Application for the July 17-21, 2017 Workshop**

<http://azrangelands.org/nrcway/NRCWAYflyer.pdf>

Name: \_\_\_\_\_ T-shirt size (adult): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ Grade Entering in Fall 2017: \_\_\_\_\_

E-mail Address (if available): \_\_\_\_\_

Explain why you would like to attend this workshop:

Describe your interest and activities related to natural resources:

Describe any other special interests, hobbies and involvement in community or school activities:

If appropriate, indicate the need for financial assistance:

Application must be **postmarked by midnight May 1, 2017** along with a \$75 deposit. Applicants will be notified of selection results no later than June 1, 2017. Upon notification of acceptance, the remaining \$75 is due unless financial aid has been requested and awarded. Enrollment is limited to 35 participants.

Mail Application to: Kim McReynolds, Workshop Director  
Society for Range Management - Arizona Section  
450 S. Haskell Ave., Suite A, Willcox, AZ 85643  
Questions: Contact Kim McReynolds at (520) 766-3602 or [kimm@cals.arizona.edu](mailto:kimm@cals.arizona.edu)

Sponsored by the Society for Range Management, Arizona Section  
and UA CALS Cooperative Extension & 4-H Youth Development

**10th Annual AZ American Indian Youth Conference • Due June 2<sup>nd</sup>**

*Submitted by: Lucille Watahomigie | Hualapai Department of Education & Training*



## Registration Packet

### 10th Annual Arizona American Indian Youth Conference on Health and the Environment



*Native Youth Wellness: Taking Care of Your Health  
and the Environment*

**June 27 – 29, 2017**

DoubleTree by Hilton  
Flagstaff, Arizona



Sponsored by the Inter Tribal Council of Arizona, Inc.  
Health and Human Services Programs and the Environmental Quality Programs  
and Arizona Department of Health Services, Bureau of Tobacco and Chronic Disease

Funded by the Arizona Department of Health Services  
Teen Pregnancy Prevention Program





## Conference Information

### Purpose

The 10<sup>th</sup> Annual Arizona American Indian Youth Conference on Health and the Environment will provide information to motivate and encourage youth to take responsibility for their overall health and become better stewards of the environment.

### Objectives and Activities

During the conference, youth will:

- Learn about health promotion and making healthy choices through fun and interactive workshops;
- Bring awareness that people's health and well-being are directly connected to how we all treat the land, air and water;
- Prepare for higher education and become oriented to the Northern Arizona University

### Target Audience

The conference is designed for American Indian youth ages 12 to 19 years old.

### Location

The conference will be held at the DoubleTree by Hilton located at 1175 West Route 66, Flagstaff, Arizona 86001.

For more information about the conference location, visit the website at:  
<http://www.doubletreeflagstaff.com/>

### Registration

The conference is open to the first 100 youth with paid registrations. Complete the following required forms (attached) and return to the Inter Tribal Council of Arizona, Inc. (ITCA), along with payment:

- ☐ Group Registration (Chaperones must include their names on the registration form)
- ☐ Youth and Parent/Guardian Release Form (Must be signed by youth and parent/guardian)
- ☐ Emergency Contact Information Form (Must be signed by parent/guardian)
- ☐ Chaperone Release Form (Must be signed by chaperone)

All registration forms are due by Friday, June 2, 2017, to ITCA.

### Registration Fee

To attend all three days of the conference, the registration fee is \$75.00 per person (youth and chaperones). The \$75.00 fee is charged whether you participate in one or all three days.

# JOB OPPORTUNITIES

**Grand Canyon West • Sa Nyu Wa Restaurant**

*Submitted by: Collette Boland | Grand Canyon Resort Corporation*

## GRAND CANYON *West*

### Food Servers Needed!

The new Sa Nyu Wa Restaurant  
is located at the world famous  
Grand Canyon Skywalk

- Upscale Gourmet Menu
- Chefs from Las Vegas
- Unparalleled Views of the Grand Canyon
- 250 Seating Capacity
- \$9 an hour + tips
- Part-Time Available
- 4 Day Work Week for Full-Time
- Generous Benefits Package Provided
- Transportation Available

Applications are available at the GCRC HR Office located at:

**Music Mountain School  
16500 E. Highway 66 (Mile Marker 97)  
Peach Springs, AZ 86434**

For Questions, Please call 928-769-2640. Hiring preference given to Hualapai Tribal Members.





**2017 Recruitment for Fire Fighters & Camp Crew • Application Deadline: April 1**  
*Submitted by: Melvin Hunter, Sr. | Truxton Canon Agency / Southern Paiute Agency*

**2017**

## Recruitment for Fire Fighters & Camp Crew

**The Truxton Canon/Southern Paiute Agency Fire Program is recruiting for Summer Employment now!**

**APPLICATION DEADLINE IS APRIL 1, 2017**

**Fire Crew Applicants must be:**

- ✓ At least 18 years of age and in good physical and mental health.
- ✓ Able to pass a pack test:
  - Fire Fighters: 3-mile hike with 45 lb. pack test in 45 minutes or less.

**Camp Crew Applicants must be:**

- ✓ At least 16 years of age.
- ✓ There is no pack test requirement for camp crew.

**Applications may be returned via:**

Mail: Truxton Canon Agency  
 13067 E Highway 66  
 Valentine, AZ 86434

Fax : (928) 796-2326

Email: Melvin.Hunter@bia.gov

### PACK TESTS ARE SCHEDULED AS FOLLOWS:

*(Note: You will have up to three chances to pass the pack test, so it is recommended that you take the earliest test in case you need to retake.)*

FIRE CREW - Arduous Pack Test		Fireline Safety Refresher	
Wednesday Feb 22	8:00 am to 11:00 am	Wednesday Feb 22	12:00 pm to 4:30 pm
Wednesday Mar 8	8:00 am to 11:00 am	Wednesday Mar 8	12:00 pm to 4:30 pm
Wednesday Mar 22	8:00 am to 11:00 am	Wednesday Mar 22	12:00 pm to 4:30 pm
Wednesday April 5	8:00 am to 11:00 am	Wednesday April 5	12:00 pm to 4:30 pm
Wednesday April 19	8:00 am to 11:00 am	Wednesday April 19	12:00 pm to 4:30 pm

Basic Wildland Firefighter Training	
Monday – Friday June 6-10	Peach Springs, AZ

Please contact: Jeramie Ybright @ 435-674-9720 or  
 Melvin Hunter @ 928-769-3308  
 with any questions.

## 2017 BIA Truxton Canon/Southern Paiute Wildland Fire Training

The 2017 Wildland Fire Season is on its way and we are looking for highly motivated individuals willing to work strenuous shifts, maintain a positive attitude, and to be a team player. Keep in mind fire is unpredictable so shifts include weeks away from home and working holidays.

### What is Wildland Fire?

A wildland fire is an unwanted ignition which consumes available fuels (grass, trees, and shrubs) by crawling, creeping, jumping, and running before smoldering to rest. Unwanted fires are the results of Rodeo-Chediski Fire (2002), Wallow Fire and Horehoe 2 fire (2011) and most recently on the Hualapai Reservation the Sage Fire (2016).

### What causes a Wildland Fire?

There are two types of ignitions 1) "anthropogenic" the results of human activity such as playing with matches, dropping cigarettes, embers from chimneys, unattended camp fires, and sparks from machines 2) natural ignitions are from volcanic activity and lightning.

### How do I apply?

Contact staff at Branch of Forestry or stop by the office for application and nomination form for trainings. The process for employment is to complete; 1) Drug test 2) Physical Exam required and processed through Medical Standards or a Self-Certification Health Screen Questionnaire 3) Southwest Firefighter Application 4) Work Capacity Test (WCT): Informed

The position which you are applying for will determine the WCT as Pack test, Field test, or Walk test.

### What will I Do?

You will be a part of a 20 man hand crew made up of a Crew Boss, Squad Bosses, and Sawyers. On the other hand, you may be working on a wildland fire engine or a single resource depending on experience and qualifications your position may vary.

### Required

- DOI Drug Testing is required; test must include the five drugs: marijuana, cocaine, opiates, amphetamines and phencyclidine. Drug testing is provided by the applicant with a copy of verification to the Branch of Forestry.
- For pack test dress in gym clothes with walking or running shoes.
- Wildland Fire boots are required with Vibram sole with 8 inch top.



## 2017 BIA Truxton Canon/Southern Paiute Wildland Fire Training

Course Number :	Course Title:	Nomination Due:	Course Date:	Location:	Time:	Coordinator Phone / Fax /Email:
RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Apr 3	Apr 5	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
N9055	CPR / 1 <sup>ST</sup> Alike Blood Borne Pathogen	Apr 6	Apr 10	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
S-212	Wildland Fire Saws	Apr 6	Apr 11 - 13	Branch of Forestry Peach Springs, AZ	0800 - 1200	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
RT-130 WCT	Annual Fireline Refresher / Work Capacity Test	Apr 17	Apr 19	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
S-131	Advanced Fire Fighter	Apr 21	Apr 25	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
S-133	Look Up / Look Down / Look Around	Apr 21	Apr 26	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
S-134	Lookout / Communications / Escape Routes / Safety Zones	Apr 21	Apr 27 - 28	Branch of Forestry Peach Springs, AZ.	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>

## 2017 BIA Truxton Canon/Southern Paiute Wildland Fire Training

S-211	Portable Pumps	May 4	May 9 - 11	Branch of Forestry Peach Springs, AZ.	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
S-130 / S-190 I-100 / L-180 S-110	Basic Wildland Fire Fighter	June 1	June 5 - 9	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
L-280	Followership to Leadership	TBA	TBA	Branch of Forestry Peach Springs, AZ	0800 - 1630	Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>
	ATV / UTV Training	TBA	TBA			Melvin Hunter, Sr. O: 928-769-3308 F: 928-769-2326 <a href="mailto:melvin.hunter@bia.gov">melvin.hunter@bia.gov</a>

### CLASSES AVAILABLE ONLINE AND CAN BE FOUND AT THE LINK BELOW

Required Trainings: IS -700a, ICS 100, and ICS 200 (Single Resource Only) FEMA National Incident Management System Link: <http://training.fema.gov/emiweb/is/is700a.asp>

The online training is a self-study course; upon completion please submit your certificates to TCA.

National Wildfire Coordinating Group (NWCG) Training and Qualifications Link: <http://training.nwccg.gov/courses.html>.

Required Rookie Training Includes: I-100, S-190, and S-130, and L-180. NOTE: S-130 and L-180 Also offered Online.

I – 100; Introduction to the Incident Command System (2006), required

S-110; Basic Wildland Suppression Orientation (2003), required

S-130; Firefighter Training (2003), required

S-190; Introduction to Wildland Fire Behavior (2006), required

S-290; Intermediate Wildland Fire Behavior (2010), recommended for Single Resource Trainee and Qualified

**TCA - Branch of Forestry, 1130 Mesa View Dr. Peach Springs, AZ 86434 PH: 928.769.2270 FAX: 928.769.2326 HRS: M-F, 0800-1630**

**SPA – Fire Management, 180 N 200 E suite 111, St. George, UT 84770 PH: 435.674.9720 FAX 435.674.9714 HRS: M-F 0800-1630**



# EDUCATION & TRAINING INFORMATION

**CDI Head Start • Now Accepting Applications for Enrollment**

*Submitted by: Brandy Onkka | CDI Head Start*



**CDI HEAD START**

**SERVING**

**HUALAPAI TRIBE**

**Is Now Accepting**

**Applications For Enrollment**

Ages

3-5

**Head Start is a quality early childhood education program provided at no charge to income eligible families. Offering education, nutrition, medical, dental, mental health, disabilities/special needs and family education services.**

**For more information, contact the center at**

**928-769-2522 or**

**Stop by the Head Start Center at 479 Hualapai Way**

**Documents needed to inquire income eligibility**

- **Birth Certificate**
- **Certificate of Indian Blood**
- **Proof of Residence**
- **Income Verification (Current and Prior income for the past 12 months)**

**This institution is an equal opportunity provider**

## Freeport Scholarships

Submitted by: Jonell Tapija | Hualapai Department of Education & Training



# Scholarships & Grants

<http://phxindcenter.com/youth-programming/scholarships-grants/>

In addition to the scholarships listed on our Resources page (<http://phxindcenter.com/resources/>), the Phoenix Indian Center is proud to continue the **Freeport-McMoRan Scholarship Program**. These scholarships are funded by the Freeport-McMoRan Copper and Gold Foundation and administered by the Phoenix Indian Center.

There are two Scholarships available under this program; the Native American Scholarship and the Cyprus Tohono Corporation Scholarship.

### **Native American Scholarship: Download scholarship Guidelines and Application**

([http://phxindcenter.com/wp-content/uploads/2014/08/PIC\\_FCX-NA-Scholarship-Guidelines-and-Application-2016-2017\\_writeable.pdf](http://phxindcenter.com/wp-content/uploads/2014/08/PIC_FCX-NA-Scholarship-Guidelines-and-Application-2016-2017_writeable.pdf)).

The eligibility for the Native American Scholarship Application includes the following:

- Enrolled member of Hualapai Tribe, San Carlos Apache Tribe, White Mountain Apache Tribe and Tohono O'odham Nation.
- Must have a minimum of 2.5 cumulative gpa and be in good academic standing
  - Must be enrolled as a full-time student in one of the following disciplines:
- *Primary: Education, Engineering, Geology, Science or science-related major*
- *Secondary: Business or business-related major, Health, Safety, Sustainability or technology*

The application and all supporting documents are due **May 15, 2017**.

### **Cyprus Tohono Corporation Scholarship: Download scholarship Guidelines and Application**

([http://phxindcenter.com/wp-content/uploads/2014/08/PIC\\_CTC-Four-Year-Scholarship-Guidelines-and-Application-2016-2017\\_writeable.pdf](http://phxindcenter.com/wp-content/uploads/2014/08/PIC_CTC-Four-Year-Scholarship-Guidelines-and-Application-2016-2017_writeable.pdf)).

The eligibility for the Cyprus Tohono Corporation Scholarship Application includes the following:

- Enrolled Native American residing in Arizona-preference will be given to enrolled members of the Tohono O'odham Nation
- Attending a community college or four-year public University in Arizona
- Students entering college as a freshman, sophomore or junior
- Must have a minimum of 2.5 cumulative GPA and be in good academic standing

The application and all supporting documents are due **June 1, 2016**.

### College Horizons 2017 Spaces Available

In case you or your student missed our Feb 14 deadline, College Horizons is currently accepting late applications for our 2017 workshops until further notice! Students who are interested in applying late should take advantage of this opportunity quickly since applications will be reviewed in the order they are received. We will be accepting late applications for as long as we have remaining spaces at our programs. To be safe, students can aim to submit an application within the next couple of weeks - we will send out another email and announcement on social media when we have filled all spaces. As more time goes on, spaces will become limited. You can help us spread the word by forwarding this email to students, parents or educators.

Students can download an application and view videos containing information and tips for applying to this year's programs at the links below. Or visit our <http://www.collegehorizons.org/> for more details. Please contact our office directly with any questions you might have. Thank you for your help and have a wonderful day!



**Pre-College Studies Class Orientation • May 22<sup>nd</sup>—May 25<sup>th</sup>**  
*Submitted by: Jonell Tapija | Hualapai Department of Education & Training*

## PRE-COLLEGE STUDIES CLASS ORIENTATION 2016/17

(Four Days Monday – Thursday) May 22<sup>nd</sup> – May 25<sup>th</sup> 2017

**\*Attendance is Mandatory all 4 days\***

**Time: 1:00 pm to 4:00 pm Location: Room 903**

Mohave Community College's Kingman Campus is offering Precollege Studies classes during the summer 2017 to help prepare students to take their GED and improve their skills in the areas of Reading, Math and Language as needed according to MCC's Accuplacer admissions testing. A free, mandatory orientation will be held in May, 2017. The orientation includes: 1) all state and additional college mandated processing; 2) diagnostic testing for class placement; 3) class registration paperwork; 4) introduction to MCC campus resources; 5) introduction to PCS required technology systems and resources. Additionally, students will be introduced to resources and strategies aimed at student success. In Precollege Studies classes, students receive individualized instruction as well as access to online materials to help them improve their skills. Accommodations are available through Disability Services for students with disabilities. **NOTE:** Upon receiving this flyer, call the Precollege Studies office at 928-692-3040 and confirm your spot at the orientation session as enrollment is limited. Additionally, call the PCS office to schedule a time beginning in March to come into the office to complete additional pre-orientation paperwork. Plan on the appointment taking approximately one hour.

\*Students must complete their MCC online admission application form well before attending the PCS orientation. Before beginning the application process you will need to obtain an email address. (Note: MCC Admissions takes at least 72 hours to process. Have this completed before scheduling your pre-orientation office visit.)

### On-line Admissions Procedure

The following directions will guide you to the MCC admission application form:

1. Go to Mohave.edu
2. Click APPLY NOW tab at top of page
3. Under the "Become an MCC Student" (lower right), click "Apply Now!" [red hyperlink]
4. Under Step 1. Apply for Admissions, click "online admissions application" [red hyperlink]
5. Click "Admission Application – MCC" [red hyperlink]
6. FOLLOW INSTRUCTIONS, make corrections to any fields marked in red and then click next page. When everything is correct, review and you will see a submit button at the end. Click SUBMIT you should get a thank you [your name]. Note – If you do not submit your application, you are not finished and your admission is not complete.

### ISSUES THAT CAN DELAY ADMISSIONS AND IMPACT PCS CLASS REGISTRATION:

1. Students must have a usable email address that can be used by MCC and checked by the student. This email address will be used by Enrollment Services to contact students and inform them of any issues in residency as well as give them the process for documenting paperwork necessary to complete admissions residency requirements.
2. If students have taken classes in the past and one or more years have passed since enrollment, they are required to complete the admissions process again.
3. All students must attend to any past due balances owed MCC. Students with past due balance issues can contact the Bursar's Office at 928-757-0816.
4. Upon completion of admissions and residency documentation, you will be issued an ID card/number. You must bring this to the orientation. Additionally, bring both your government ID (driver's license or DMV identification) and your Social Security to the pre-orientation office visit.

**Note:** Students must be at least 16 years of age at start of pre-college studies classes, and students between 16 and 18 years of age must bring **proof of withdrawal from the last high school attended** to the orientation.

## 3rd Annual Indigenous Language Revitalization • June 12<sup>th</sup> - 15<sup>th</sup>

*Submitted by: Lucille Watahomigie | Hualapai Department of Education & Training*



### 3<sup>rd</sup> ANNUAL INDIGENOUS LANGUAGE REVITALIZATION SUMMER INSTITUTE



June 12 - 15, 2017

NORTHERN ARIZONA UNIVERSITY  
Flagstaff, Arizona



#### Level 1 Workshop



#### How to Create and Sustain Successful Indigenous Language Immersion Programs

In this 4-day hands-on, how-to workshop, Dr. Michael Fillerup guides you through his ten step process for creating and sustaining an indigenous language immersion program for all ages. This is the introductory workshop for the Indigenous Language Revitalization Summer Institute and is ideal for anyone who wants to create a new language immersion program or re-energize an existing immersion program.

#### *Additionally you will learn:*

- how to develop the Five Essential Elements of a language immersion program
  - how to maximize the 4 P's - Promotion, Publicity, Public Relations, and Parent Participation
    - potential obstacles and how to overcome them
    - how to Light Two Candles with One Flame
- (i.e., revitalizing the indigenous language while boosting student achievement)

Enrollment limited to 25 participants per workshop. Reserve your place now. Registration: \$425

Discounted rate of \$375 if you also register for the AIITEC Conference (June 16-17)

REGISTER NOW at <http://nau.edu/coe/ilrsi>

Lodging available to book at time of registration as low as \$29.95 per night

FOR MORE INFORMATION contact Dr. Michael Fillerup @928-853-1393 or [Michael.Fillerup@nau.edu](mailto:Michael.Fillerup@nau.edu)

Level 1 & Level 2 workshops run concurrently and registration fee includes the cost of one workshop only. Participants must complete Level 1 workshop to register for Level 2 workshop.





3<sup>rd</sup> ANNUAL  
INDIGENOUS LANGUAGE REVITALIZATION  
SUMMER INSTITUTE

June 12 - 15, 2017

NORTHERN ARIZONA UNIVERSITY  
Flagstaff, Arizona



Two  
Workshops  
Now  
Available!

Level 2 Workshop

How to Design an Indigenous Knowledge-focused Curriculum

In this 4-day workshop, Language Advocate Jennie DeGroat demonstrates how to collaborate with teachers, parents, administrators, and tribal leaders to develop a language immersion curriculum derived from the knowledge, culture, and values of the community. Participants will focus on both curriculum process and product. This is the follow-up workshop to "How to Create and Sustain Successful Indigenous Language Immersion Programs."

About the Presenter

Ms. DeGroat has over 20 years of experience assisting indigenous communities with their language revitalization efforts through the use of oral language immersion based on Indigenous Knowledge.

Enrollment limited to 25 participants per workshop. Reserve your place now. Registration: \$425

Discounted rate of \$375 if you also register for the AIITEC Conference (June 16-17)

REGISTER NOW at <http://nau.edu/coe/ilrsi>

Lodging available to book at time of registration as low as \$29.95 per night

FOR MORE INFORMATION contact Dr. Michael Fillerup @928-853-1393 or [Michael.Fillerup@nau.edu](mailto:Michael.Fillerup@nau.edu)

Level 1 and Level 2 workshops run concurrently and registration fee includes the cost of one workshop only. Participants must complete Level 1 workshop to register for Level 2 workshop.

**CPR Training Class • Become CPR Certified***Submitted by: Chris Gortariz | Hualapai Emergency Services*

HUALAPAI NATION EMERGENCY SERVICES  
FIRE & EMS  
PRESENT A  
CPR TRAINING CLASS



*Open to the public!!*

Become CPR Certified & Save lives!!

\$25.00 a person

Refresher: 4 hour course

Beginners: 8 hour course



Call Emergency Services Department and leave  
your Name, Number, & Email if  
interested in taking the class.

**(928) 769-2205**



## Valentine Elementary • Eagle Eyes Bulletin & Calendar of Events

Submitted by: Danielle Bravo | Hualapai Planning Department



# EAGLE EYES



Vol. 2, No. 7

VISIT OUR WEBSITE: <http://valentineAZ.net>

March 28, 2017

### Testing Season is Here!

On the April calendar, you will see that we have already begun the annual testing season. At the right, you can see the ways you can help your student navigate through this time of the year. Please do whatever you can to make this time go as smoothly as possible for your students and the school.

### Gym Roof Repairs Complete!

All of the gym ceiling insulation has been repaired or replaced, and the hundreds of solar panel bracket holes have been sealed. Mother Nature cooperated with showers earlier this week to prove that we had no leaks.

### On the Road in May

Looking past testing season and into the home stretch in May, our school has a trip of some kind planned for every Thursday that month:

- May 04 – Small Schools Track Meet @ Kingman HS (All)
- May 11 – Field Trip to OdySea (Grades K-4)
- May 18 – Field Trip to CSI Experience (Grades 5 – 8)
- May 25 – Field Day @ Hualapai Mountain Park (All)

Students are reminded that all field trips are privileges and that those privileges are earned through appropriate behavior and effort at school.



They are scheduled to come again to serve lunch on 4/6.

### Lexia Reading

Our students continue to show substantial progress in their reading levels using the Lexia Reading Program. In fact, one of our students has already completed the entire, self-paced program, and another two are not far behind. Congratulations to all of our students who are making strides in their reading ability.

### Enrollment Applications

Applications for enrollment for out-of-district students for the 2017-18 school year will be available beginning April 10, 2017. They will be due by June 8, 2017. Students accepted will be notified by June 29, 2017.



### HOW CAN I HELP MY STUDENT? (TESTING EDITION)



- Talk positively about the tests – These are opportunities for students to demonstrate what they know, to prove to themselves and anyone else what they are capable of.
- Have them get good sleep each night before – Taking tests while they are tired is not good for anyone. They will need to maintain their focus, especially since the AzMERIT tests are computer-based.
- Have them eat a good breakfast each morning – As with sleep, students can only perform well if their brains are not worried about their bellies.
- Send them to school with a good lunch – As with sleep, students can only perform well if their brains are not worried about their bellies.
- Remind them to take their time – Although some of the tests they will be taking are timed, the majority of them are not, meaning that students can slow down and read directions, passages, problems and answer choices carefully – Instead of rushing to be finished first. There are no prizes for finishing first on their tests.
- Remind them that all we expect is for them to do their best – If they get all the questions right, FANTASTIC! but they will not be disappointing anyone if they don't get them all right—as long as they have given each test their best effort.

### SPIRIT WEEK

To celebrate the conclusion of testing season, we will be having Spirit Week the last week of April. As with any of our “dress-up” days, students are reminded to be school-appropriate.

### Quote of the month:

“If you’re doing your best, you won’t have any time to worry about failure.” ~ H. Jackson Brown, Jr.

AZ Tax  
Credit \$\$\$

APRIL 2017						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Valentine Elementary School 12491 N. Byers St HC 35 Box 50 Truxton/Peach Springs AZ 86434 Ph 928-769-2310 • Fax 928-769-2389 ValentineAZ.net	27	28	29 COGAT (All grades) Report Cards	30 COGAT (All grades)	31	1 April Fool's Day
2	3 NCAA Men's Basketball Final	4 AIMS Science (4 <sup>th</sup> & 8 <sup>th</sup> only) NCAA Women's Basketball Final	5 Bus Evac Drill	6 Boys and Girls Club Lunch	7 Jackie Chan (1954)	8
9 Kristen Stewart (1990)	10 2017-2018 Enrollment Applications Available	11 School Board Mtg 4:30 pm	12 AzMERIT Testing – Grades 3-8	13	14	15 Leonardo da Vinci (1452) Emma Watson (1990)
16 Happy Easter!	17 NO SCHOOL	18 AzMERIT Testing – Grades 3-8	19 BOOKMEN	20 Grade 8 KHS Visit	21 Tony Romo (1980)	22
23 Wm. Shakespeare (1564)	24 Spirit Week – Pajama Day	25 Spirit Week – Hat / Crazy Hair Day	26 Spirit Week – Favorite Character Day Progress Reports	27 Spirit Week – Sports Day	28 Jay Leno (1950)	29
30						

## Hualapai Day Care • Calendar of Events & Menus

Submitted by: Danielle Bravo | Hualapai Planning Department



# APRIL 2017

HUALAPAI DAY CARE CENTER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 4PM EARLY CLOSURE	4	5	6 MATH NIGHT 5:30 PM	7 PPP	8
9	10	11	12	13	14 EGG DYING EASTER EGG HUNT BARBECUE HOP MOVIE	15
16 EASTER SUNDAY	17	18	19	20 SPRING ACTIVITY W/ NATURAL RESOURCES	21 PPP	22
23	24	25	26 1/2 DAY CLOSURE	27	28 EARTH DAY CLEAN UP	29
30						

APRIL THEME- SPRING/EASTER



COLORS- PASTEL COLORS



SHAPE- OVAL





Hualapai Day Care Center  
475 Hualapai Drive

# April 2017 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheerios Banana Milk	4 Croissant Bread Diced Mango Milk	5 Farina Banana Milk	6 Oatbran Muffin Orange Slices Milk	7 Mini Bagel Strawberries Milk
10 Frosted Mini Wheat Banana Milk	11 (H.M) Pancake Apple Sauce Milk	12 Breakfast Pizza -English Muffin -Tomato Sauce -Mozzarella Cheese Fruit Cocktail Milk	13 Mini Bagel w/ Peanut Butter Craisins Milk	14 Oatmeal Diced Peaches Milk
17 (H.M) Biscuit w/ Bacon Gravy Apple Slices Milk	18 English Muffin Boiled Egg Pineapple Chunks Milk	19 Raisin Bagel Diced Pears Milk	20 Waffle Fruit Kabob Milk	21 Farina Sliced Oranges Milk
24 Rice Krispies Diced Peaches Milk	25 Whole Wheat Toast Orange Slices Milk	26 Granola Mixed Berries w/ Vanilla Yogurt Milk	27 Whole Wheat Crackers Cheesy Egg Omelet Honey Dew Cubes Milk	28 (H.M) Biscuit Banana Milk

Centers may substitute food items as necessary. This institution is an equal opportunity provider and employer. Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. All juice served is 100% full-strength fruit juice. Children (age 12-24 months) are served whole milk. After 24 months, all children are served 1% milk. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA Director, Office of Civil Rights, and 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272. Fruit cocktail consists of diced peaches, pears, grapes and mango; also mixed veggies are carrots, corn, peas, green bean, and baby lima beans.



## Hualapai Day Care Center

## April 2017 Lunch Menu



Monday		Tuesday		Wednesday		Thursday		Friday	
3	Diced Sausage Pizza Sauce Romaine Mix Orange Slices Pizza Crust Milk  <b>PM Snack: Carrot Sticks Plain Yogurt Graham Crackers</b>	4	Chicken Tenders Apple Slices Romaine Mix Wild Rice Milk  <b>PM Snack: Whole Wheat Tortilla Peanut Butter Banana Slices</b>	5	Shredded Cheese Refried Beans Strawberries Whole Wheat Tortilla Milk  <b>PM Snack: Apple Sauce Graham Cracker</b>	6	Ground Beef Manwich Sauce Diced Mango Whole Wheat Bun Milk  <b>PM Snack: Mixed Berries Granola</b>	7	Sliced Turkey Sliced Cheese Celery Sticks Pineapple Chunks Ritz Cracker Milk  <b>PM Snack: Ritz Cracker Peanut Butter Crainsins</b>
10	Peanut Butter w/ Mozzarella Sticks Carrot Sticks Apple Slices Whole Wheat Bread Milk  <b>PM Snack: Cinnamon Toast Apple Sauce</b>	11	Ground Beef Ragu Green Beans Diced Peaches Whole Wheat Spaghetti Noodles  <b>PM Snack: Baked Apples Mozzarella Sticks</b>	12	Tuna Boiled Egg Diced Celery, Olives, Pickles Watermelon Slices Whole Wheat Bread Milk  <b>PM Snack: Raisin Bagel Strawberry Yogurt</b>	13	Shredded Cheese Enchilada Sauce Refried Beans Apple Sauce Corn Tortilla Milk  <b>PM Snack: Pineapple Chunks Cottage Cheese</b>	14	Baked Chicken Drumsticks Peas Watermelon Cubes Wild Rice Milk  <b>PM Snack: Apple Slices Peanut Butter Granola</b>
17	Sliced Ham Sliced Cheese Cucumber Logs Orange Slices Whole Wheat Bread Milk  <b>PM Snack: Crepes Peaches</b>	18	Beef Patty Sliced Cheese Romaine Mix Strawberries Whole Wheat Bun Milk  <b>PM Snack: Cucumber Logs Whole Wheat Cracker</b>	19	Pulled Pork Romaine Mix Cucumber Logs Whole Wheat Bun Milk  <b>PM Snack: Ritz Cracker Cheese Cubes</b>	20	Chicken Salad Carrot Sticks/ Ranch Diced Peaches Croissant Bread Milk  <b>PM Snack: Biscuit Apple Slices</b>	21	Ground Beef Celery Sticks w/ Ranch Mandarin Oranges Brown Rice Milk  <b>PM Snack: Mandarin Oranges Cottage Cheese</b>
24	Steak Fajita Stir Fry Veggies Apple Sauce Quinoa Oats Milk  <b>PM Snack: Mini Bagel Strawberry Yogurt</b>	25	Sliced Cheese Tomato Soup Honeydew Slices Whole Wheat Bread Milk  <b>PM Snack: Animal Crackers Bananas</b>	26	<b>½ Day Closure</b>   <b>Afternoon Snack: Cheerios Cranberries</b>	27	Beef Franks Shredded Cheese Chili Sauce Orange Slices Whole Wheat Bun Milk  <b>PM Snack: Carrot Sticks Plain Yogurt w/ Graham Crackers</b>	28	Ground Beef Shredded Cheese Lettuce & Tomato Fruit Cocktail Corn Tortilla Milk  <b>PM Snack: Canadian Bacon Ritz Crackers</b>

Centers may substitute food items as necessary. This institution is an equal opportunity provider and employer. Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. All juice served is 100% full-strength fruit juice. Children (age 12-24 months) are served whole milk. After 24 months, all children are served 1% milk. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA Director, Office of Civil Rights, and 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272. Fruit cocktail consists of diced peaches, pears, grapes and mango; also mixed veggies are carrots, corn, peas, green bean, and baby lima beans.



# HEALTH & SAFETY INFORMATION

**Mobile On-Site Mammography • Pre-Diabetes & More**

*Submitted by: Public Health Education | Indian Health Services*



## **Indian Health Services-Peach Springs**

### **Mobile On-Site Mammography**

**Date: Tuesday, April 11, 2017**

**Time: 8:00am-4:00pm**

**FOR APPOINTMENTS.**

**PLEASE CALL 928-769-2920**

### **Breast Cancer Screening Guidelines**

- **Women aged 50 to 74 screening every 2 years minimum**

#### **Preparing for your mammogram:**

- **Do not wear deodorant, powder, perfume or lotion the day of your appointment.**
- **It is suggested that a two-piece outfit be worn the day of your appointment.**

**"15 minutes could save your life"**





## Community Awareness Night—Daughters of Tradition • Monday, April 10<sup>th</sup>

Submitted by: Jessica Powskey | Prevention Coordinator

### DAUGHTERS OF TRADITION

Hualapai Health Education  
& Wellness

April 10, 2017

6:00 pm – 8:00 pm

Introductory to Daughters of Tradition- a curriculum for Native American Communities teaching cultural and traditional values of developing healthy behaviors and opportunities to live healthy sober lives.

By incorporating cultural and traditional values- the presentation will introduce the art of making a traditional ribbon dress.

If you are interested in the Daughters of Tradition, please join us for an evening of history of the ribbon dress.

For more information, contact Jessica Powskey- Prevention Coordinator at (928) 769-2207 in the Hualapai Health Education & Wellness Department



### Alcohol's Toll on Unborn Worst of Any Drug

Submitted by: Jessica Powskey | Prevention Coordinator | [http://www.come-over.to/FAS/Citizen/part1\\_3.html](http://www.come-over.to/FAS/Citizen/part1_3.html)

### Alcohol's toll on unborn worst of any drug

Nothing, not even crack cocaine, is as devastating to a fetus as alcohol. It does more damage to a developing brain and body than any illegal drug. But hundreds of thousands of pregnant women drink in our country, although most of them know they shouldn't.

It happens on bar stools in smoky taverns. It happens in homes, where no one's watching. It happens at Christmas cocktail parties all over town, including the foothills. Women damage their babies with alcohol throughout society. And the debilitating effects are lifelong. Ninety-five percent of adults with FAS and FAE suffer from mental health problems. Sixty-two percent have difficulty in school, with many suffering from hyperactivity and attention problems. Sixty percent end up in criminal trouble.

A long-term University of Washington study of 415 patients with FAS and FAE found that 50 percent ended up confined, with most of them in prisons. The problem permeates society. "People like to think of this as a problem for Native Americans," said Sharon Davis of The Arc, a national organization that assists



Crowell fears her daughter's seizures are a sign of fetal alcohol syndrome. Crowell and Sabrina share a room at CODAK Behavioral Health Service's Las Amigas, a residential treatment program.



mentally retarded people. "But the fastest-growing group of women giving birth to babies damaged by prenatal alcohol use are professional women in their 30s." Debbie Cohen, director of the New Jersey Office for Prevention of Mental Retardation and Developmental Disabilities, believes white children are less likely to be diagnosed. "We're not good at diagnosing white, middle-class suburban children," Cohen said. "It means asking a middle-class suburban mom whether she drank when she was pregnant, and that's a hard thing for doctors to do. So these children get an ill-defined learning-disability tag rather than getting a good maternal history."



*John and Teresa Kellerman plan their Sunday activities while drinking their morning juice and coffee.*

On some reservations, said Dr. Anna Binkiewicz, a pediatrician at University Medical Center and an advocate for abused and neglected children, FAS constitutes "genocide, without a gun." "But it's a devastating problem for us, as well," she added. Gail Harris has worked with FAS children in Arizona since the 1970s. Denial of the problem, she said, prevents the community from tackling it. "It may look more like a Native American problem, because we study that group," Harris said. "We're not studying our population, so it seems like it's not our problem, but it is." Ann Streissguth is a world expert on FAS and FAE. For 25 years, she has been warning people of the dangers of drinking during pregnancy. In 1973, as a clinical psychologist in Washington state, Streissguth evaluated the first children in the country found to have FAS. "I was just blown away by what I saw," she said of the seven children born to alcoholic mothers. "They all seemed to be brain-damaged. I thought, 'Oh my gosh. If pregnant women all over the Western world are drinking, they could be hurting their children.' I just decided to devote my life to this."

Streissguth, director of the University of Washington Fetal Alcohol and Drug Unit, has done remarkable studies of people with FAS and FAE. "We found out people with FAS weren't turning out like retarded kids," she said. "They had all kinds of other problems, and lots and lots of problems in adolescence. And the ones with the highest IQs had the most problems." Streissguth has spent years trying to reduce maternal drinking. "The highest-risk groups of women in terms of drinking during pregnancy are women with master's degrees and higher and women who dropped out of high school," Streissguth said. "We're reaching some of these women, but many of them continue to drink." Dr. Chris Cuniff, a pediatrician and geneticist at UMC, said problems of alcoholism came with the rights women gained in the 1960s and 1970s. And many are in denial about their alcoholism.

"People feel like an alcoholic is 'someone who drinks more than I do,'" Cuniff said. "It only happens to alley-sleeping drinkers and Indians or the people in Kennedy Park. But it doesn't happen to us." But research is clear that FAS babies are born not only to alcoholics. "Binge drinking is much worse for a developing baby," said Dr. Mary Johnson, a neurologist in UMC's pediatrics department. Tucsonan Theresa Kellerman, an adoptive parent of a 20-year-old man with FAS and a nationally recognized parent advocate, said binge drinkers aren't necessarily alcoholics. "There are parents who party on weekends, and nobody even notices," she said. "Alcoholic drinking is more common among Native Americans, but binge drinking is higher in middle-class white America." More than a decade ago, when crack cocaine was introduced, doctors were terrified of its impact on fetuses.

But studies show alcohol is more damaging than any other drug. "The most-destructive drug to a developing child is alcohol," Harris said. "It's more destructive than heroin, it's more destructive than crack, it's more destructive than cocaine. Yet it's a legal substance. It's socially acceptable." Said Cohen, "Society is instantly critical of a woman who would damage her baby with illegal drugs. But the two substances that do the most damage are alcohol and nicotine." William Chambless, development director of the National Organization on Fetal Alcohol Syndrome in Washington, D.C., said that millions of dollars in research has not found a level of alcohol that is safe for a fetus. "There are tens of thousands of kids with FAS who drank in the womb," he said, "because they couldn't say 'no' when Mom picked up the bottle."

## Letter from Grandma

Submitted by: Jessica Powskey | Prevention Coordinator

### Letter from Grandma

*The Nation is not defeated until the hearts of its women are on the ground*



Granddaughters, Nieces, Daughters,

There is so much I want to share with you, yet so little time. I want to share with you what my grandmother shared with me. So I will speak with a purpose. Within you is the future. What does this mean? It means that every choice you make and every action you take will have an impact upon your children and their children. Our ancestors told us that the choices we make today affect the 7th generation after us! This means that each one of us has very important decisions to make.

I wouldn't be surprised if this didn't scare you a bit. It scared me when I was your age! However, my grandmother told me that we have each been given many gifts to help us meet our responsibilities. These, along with your ability to be aware of the many blessings in your life will help you to live a healthy life--a life worth living. I write you this letter from the other world. My heart cries out with the painful things that are going on in our communities. There is so much information you are getting that is not good for your character or for your future as an Indian woman.

I am going to give you Seven Philosophies that should guide your life. This is information that should be put in the back of your mind. This is the place where awareness works. If you study the Seven ways, they will develop in the front of your mind, and you will develop into the strong, spiritual, balanced woman that the Creator intended for you to become.

Never in our history as Native People have our women ever been weak. We have always been strong. It is the women who carry the medicine bundle of our communities. This is why in some of our communities we have clan mothers and clan grandmothers. You do not hear of clan dads. Only the women. That is why we are the backbone of our Nations. Because of this strength, we have been chosen to be the Life Giver. Only we can bring into existence the life of a child into the world.

To have been given this power of the Life Giver is so special, but along with this power comes responsibility. We are the "First Teachers" for our children. Other teachers will come later, but we are the first. So what ever is in the back of our minds, we will give to our children and they will give to their children. Many of you have just entered the puberty cycle, which means you can now bear children. You now need the knowledge to prepare you to become the "First Teacher."

The world you live in now, you did not create. It was created for you by the adults in your community. Even before you were born, it was being created. Some of this world you live in is out of harmony. In order to become a strong, balanced, spiritual woman, you will need some special guidance to help you make your choices and decisions. There are some decisions you need to make now, so your life and the life of your children and their children will be on the Red Road. This is the road we Native people have walked for many generations.

What I am about to tell you will not be easy for you to do. There will be times in your life when you will need to talk alone. You will learn during these times, that you can depend on the Creator. There will be times you will need to sacrifice. You will learn during these times that the Creator will be there to help you. There will be sad times and happy times. These are the times when it is easiest to be near the Creator. You will learn that your relationship with the Creator will be the best relationship you can have. If you follow this path, your life will be good.

You were not born by accident, but you were put here for a very special reason. You will find out the Creator has given each of you a very special gift and a very special talent. You are the only human who possesses this gift and talent. No other woman on the Mother Earth has it. Only you. To develop and use this gift is the reason you were born. This gift is to be used to serve the Creator and to help others.

In order to help you, I have given the Seven Philosophies to guide your life so that you can guide our communities and make sure that our future generations are strong.

Walk in Beauty,  
Grandma



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info@whitebison.org www.whitebison.org





## Child Abuse and Neglect

Submitted by: Jessica Powskey | Prevention Coordinator | [www.helpguide.org](http://www.helpguide.org)

### *Recognizing the Signs and Making a Difference*

Child abuse is more than bruises and broken bones. While physical abuse might be the most visible, other types of abuse, such as emotional abuse and neglect, also leave deep, lasting scars. The earlier abused children get help, the greater chance they have to heal and break the cycle—rather than perpetuate it. By learning about common signs of abuse and what you can do to intervene, you can make a huge difference in a child's life.

### **Understanding child abuse and neglect**

Child abuse is more than bruises or broken bones. While physical abuse is shocking due to the scars it leaves, not all child abuse is as obvious. Ignoring children's needs, putting them in unsupervised, dangerous situations, or making a child feel worthless or stupid are also child abuse. Regardless of the type of child abuse, the result is serious emotional harm.

#### Myths and facts about child abuse and neglect

#### **Myth: It's only abuse if it's violent.**

**Fact:** Physical abuse is just one type of child abuse. Neglect and emotional abuse can be just as damaging, and since they are more subtle, others are less likely to intervene.

#### **Myth: Only bad people abuse their children.**

**Fact:** While it's easy to say that only "bad people" abuse their children, it's not always so black and white. Not all abusers are intentionally harming their children. Many have been victims of abuse themselves, and don't know any other way to parent. Others may be struggling with mental health issues or a substance abuse problem.

#### **Myth: Child abuse doesn't happen in "good" families.**

**Fact:** Child abuse doesn't only happen in poor families or bad neighborhoods. It crosses all racial, economic, and cultural lines. Sometimes, families who seem to have it all from the outside are hiding a different story behind closed doors.

#### **Myth: Most child abusers are strangers.**

**Fact:** While abuse by strangers does happen, most abusers are family members or others close to the family.

#### **Myth: Abused children always grow up to be abusers.**

**Fact:** It is true that abused children are more likely to repeat the cycle as adults, unconsciously repeating what they experienced as children. On the other hand, many adult survivors of child abuse have a strong motivation to protect their children against what they went through and become excellent parents.

Child Abuse Hotlines:

- **US or Canada:** 1-800-422-4453 ([Childhelp](http://Childhelp.org))

### **Effects of child abuse and neglect**

All types of child abuse and neglect leave lasting scars.

Some of these scars might be physical, but emotional scarring has long lasting effects throughout life, damaging a child's sense of self, ability to have healthy relationships, and ability to function at home, at work and at school. Some effects include:

**Lack of trust and relationship difficulties.** If you can't trust your parents, who can you trust? Abuse by a primary caregiver damages the most fundamental relationship as a child—that you will safely, reliably get your physical and emotional needs met by the person who is responsible for your care. Without this base, it is very difficult to learn to trust people or know who is trustworthy. This can lead to difficulty maintaining relationships due to fear of being controlled or abused. It can also lead to unhealthy relationships because the adult doesn't know what a good relationship is.

**Core feelings of being "worthless" or "damaged."** If you've been told over and over again as a child that you are stupid or no good, it is very difficult to overcome these core feelings. You may experience them as reality. Adults may not strive for more education, or settle for a job that may not pay enough, because they don't believe they can do it or are worth more. Sexual abuse survivors, with the stigma and shame surrounding the abuse, often especially struggle with a feeling of being damaged.

**Trouble regulating emotions.** Abused children cannot express emotions safely. As a result, the emotions get stuffed down, coming out in unexpected ways. Adult survivors of child abuse can struggle with unexplained anxiety, depression, or anger. They may turn to alcohol or drugs to numb out the painful feelings.

### **Recognizing the different types of child abuse**

Abusive behavior comes in many forms, but the common denominator is the emotional effect on the child. Children need predictability, structure, clear boundaries, and the knowledge that their parents are looking out for their safety. Abused children cannot predict how their parents will act. Their world is an unpredictable, frightening place with no rules. Whether the abuse is a slap, a harsh comment, stony silence, or not knowing if there will be dinner on the table tonight, the end result is a child that feels unsafe, uncared for, and alone.

### **Emotional abuse**

Sticks and stones may break my bones but words will never hurt me? Contrary to this old saying, emotional abuse can severely damage a child's mental health or social development. Examples of emotional child abuse include:

1. Constant belittling, shaming, and humiliating a child
2. Calling names and making negative comparisons to others
3. Telling a child he or she is "no good," "worthless," "bad," or "a mistake"
4. Frequent yelling, threatening, or bullying
5. Ignoring or rejecting a child as punishment, giving

him or her the silent treatment

6. Limited physical contact with the child—no hugs, kisses, or other signs of affection
7. Exposing the child to violence or the abuse of others, whether it be the abuse of a parent, a sibling, or even a pet

### **Neglect**

Child neglect—a very common type of child abuse—is a pattern of failing to provide for a child's basic needs, whether it be adequate food, clothing, hygiene, or supervision. Child neglect is not always easy to spot. Sometimes, a parent might become physically or mentally unable to care for a child, such as with a serious injury, untreated depression, or anxiety. Other times, alcohol or drug abuse may seriously impair judgment and the ability to keep a child safe.

Older children might not show outward signs of neglect, becoming used to presenting a competent face to the outside world, and even taking on the role of the parent. But at the end of the day, neglected children are not getting their physical and emotional needs met.

### **Physical abuse**

Physical abuse involves physical harm or injury to the child. It may be the result of a deliberate attempt to hurt the child, but not always. It can also result from severe discipline, such as using a belt on a child, or physical punishment that is inappropriate to the child's age or physical condition.

Many physically abusive parents and caregivers insist that their actions are simply forms of discipline—ways to make children learn to behave. But there is a big difference between using physical punishment to discipline and physical abuse. The point of disciplining children is to teach them right from wrong, not to make them live in fear.

#### The difference between discipline and physical abuse

In physical abuse, unlike physical forms of discipline, the following elements are present:

**Unpredictability.** The child never knows what is going to set the parent off. There are no clear boundaries or rules. The child is constantly walking on eggshells, never sure what behavior will trigger a physical assault.

**Lashing out in anger.** Physically abusive parents act out of anger and the desire to assert control, not the motivation to lovingly teach the child. The angrier the parent, the more intense the abuse.

**Using fear to control behavior.** Parents who are physically abusive may believe that their children need to fear them in order to behave, so they use physical abuse to “keep their child in line.” However, what children are really learning is how to avoid being hit, not how to behave or grow as individuals.

### **Sexual abuse: A hidden type of child abuse**

Child sexual abuse is an especially complicated form of abuse because of its layers of guilt and shame. It's important to recognize that sexual abuse doesn't always involve body contact. Exposing a child to sexual situations or material is sexually abusive, whether or not

touching is involved. While news stories of sexual predators are scary, what is even more frightening is that sexual abuse usually occurs at the hands of someone the child knows and should be able to trust—most often close relatives. And contrary to what many believe, it's not just girls who are at risk. Boys and girls both suffer from sexual abuse. In fact, sexual abuse of boys may be underreported due to shame and stigma.

### **The problem of shame and guilt in child sexual abuse**

Aside from the physical damage that sexual abuse can cause, the emotional component is powerful and far-reaching. Sexually abused children are tormented by shame and guilt. They may feel that they are responsible for the abuse or somehow brought it upon themselves. This can lead to self-loathing and sexual problems as they grow older—often either excessive promiscuity or an inability to have intimate relations.

The shame of sexual abuse makes it very difficult for children to come forward. They may worry that others won't believe them, will be angry with them, or that it will split their family apart. Because of these difficulties, false accusations of sexual abuse are not common, so if a child confides in you, take him or her seriously. Don't turn a blind eye!

### **Help for child sexual abuse:**

**1-888-PREVENT** (1-888-773-8368) – Stop It Now

**1-800-656-HOPE** Rape, Abuse & Incest National Network (RAINN)

Or visit [ChiWorld.org](http://ChiWorld.org) for a list of other international child helplines.

### **Warning signs of child abuse and neglect**

Child abuse is not always obvious. But by learning some of the common warning signs of abuse and neglect, you can catch the problem as early as possible and get both the child and the abuser the help that they need.

Of course, just because you spot a red flag doesn't automatically mean a child is being abused. It's important to dig deeper, looking for a pattern of abusive behavior and warning signs, if you notice something off.

Warning signs of emotional abuse in children

- Excessively withdrawn, fearful, or anxious about doing something wrong
- Shows extremes in behavior (extremely compliant or extremely demanding; extremely passive or extremely aggressive)
- Doesn't seem to be attached to the parent or caregiver
- Acts either inappropriately adult (taking care of other children) or inappropriately infantile (rocking, thumb-sucking, throwing tantrums)

### **Warning signs of physical abuse in children**

- Frequent injuries or unexplained bruises, welts, or cuts
- Is always watchful and “on alert,” as if waiting for something bad to happen
- Injuries appear to have a pattern such as marks



from a hand or belt

- Shies away from touch, flinches at sudden movements, or seems afraid to go home
- Wears inappropriate clothing to cover up injuries, such as long-sleeved shirts on hot days

#### Warning signs of neglect in children

- Clothes are ill-fitting, filthy, or inappropriate for the weather.
- Hygiene is consistently bad (unbathed, matted and unwashed hair, noticeable body odor).
- Untreated illnesses and physical injuries.
- Is frequently unsupervised or left alone or allowed to play in unsafe situations and environments.
- Is frequently late or missing from school.

#### Warning signs of sexual abuse in children

- Trouble walking or sitting
- Displays knowledge or interest in sexual acts inappropriate to his or her age, or even seductive behavior
- Makes strong efforts to avoid a specific person, without an obvious reason
- Doesn't want to change clothes in front of others or participate in physical activities
- An STD or pregnancy, especially under the age of 14
- Runs away from home

#### Child abuse and reactive attachment disorder

Severe abuse early in life can lead to reactive attachment disorder. Children with this disorder are so disrupted that they have extreme difficulty establishing normal relationships and attaining normal developmental milestones. They need special treatment and support.

#### **Risk factors for child abuse and neglect**

While child abuse and neglect occurs in all types of families—even in those that look happy from the outside—children are at a much greater risk in certain situations.

**Domestic violence.** Witnessing domestic violence is terrifying to children and emotionally abusive. Even if the mother does her best to protect her children and keeps them from being physically abused, the situation is still extremely damaging. If you or a loved one is in an abusive relationship, getting out is the best thing for protecting the children.

**Alcohol and drug abuse.** Living with an alcoholic or addict is very difficult for children and can easily lead to abuse and neglect. Parents who are drunk or high are unable to care for their children, make good parenting decisions, and control often-dangerous impulses. Substance abuse also commonly leads to physical abuse.

**Untreated mental illness.** Parents who are suffering from depression, an anxiety disorder, bipolar disorder, or another mental illness have trouble taking care of themselves, much less their children. A mentally ill or traumatized parent may be distant and withdrawn from

his or her children, or quick to anger without understanding why. Treatment for the caregiver means better care for the children.

**Lack of parenting skills.** Some caregivers never learned the skills necessary for good parenting. Teen parents, for example, might have unrealistic expectations about how much care babies and small children need. Or parents who were themselves victims of child abuse may only know how to raise their children the way they were raised. In such cases, parenting classes, therapy, and caregiver support groups are great resources for learning better parenting skills.

**Stress and lack of support.** Parenting can be a very time-intensive, difficult job, especially if you're raising children without support from family, friends, or the community or you're dealing with relationship problems or financial difficulties. Caring for a child with a disability, special needs, or difficult behaviors is also a challenge. It's important to get the support you need, so you are emotionally and physically able to support your child.

#### Recognizing abusive behavior in yourself

If you need professional help...Do you feel angry and frustrated and don't know where to turn? In the U.S., call **1-800-4-A-CHILD** to find support and resources in your community that can help you break the cycle of abuse. In other countries, visit [Chiworld.org](http://Chiworld.org) for helplines.

Do you see yourself in some of these descriptions, painful as it may be? Do you feel angry and frustrated and don't know where to turn? Raising children is one of life's greatest challenges and can trigger anger and frustration in the most even tempered. If you grew up in a household where screaming and shouting or violence was the norm, you may not know any other way to raise your kids.

Recognizing that you have a problem is the biggest step to getting help. If you yourself were raised in an abusive situation, that can be extremely difficult. Children experience their world as normal. It may have been normal in your family to be slapped or pushed for little to no reason, or that mother was too drunk to cook dinner. It may have been normal for your parents to call you stupid, clumsy, or worthless. Or it may have been normal to watch your mother get beaten up by your father.

It is only as adults that we have the perspective to step back and take a hard look at what is normal and what is abusive. Read the above sections on the types of abuse and warning signs. Do any of those ring a bell for you now? Or from when you were a child? The following is a list of warning signs that you may be crossing the line into abuse:

#### How do you know when you've crossed the line?

**You can't stop the anger.** What starts as a swat on the backside may turn into multiple hits getting harder and harder. You may shake your child harder and harder and finally throw him or her down. You find yourself screaming louder and louder and can't stop yourself.

**You feel emotionally disconnected from your child.** You may feel so overwhelmed that you don't want any-

thing to do with your child. Day after day, you just want to be left alone and for your child to be quiet.

**Meeting the daily needs of your child seems impossible.** While everyone struggles with balancing dressing, feeding, and getting kids to school or other activities, if you continually can't manage to do it, it's a sign that something might be wrong.

**Other people have expressed concern.** It may be easy to bristle at other people expressing concern. However, consider carefully what they have to say. Are the words coming from someone you normally respect and trust? Denial is not an uncommon reaction.

### **Breaking the cycle of child abuse**

If you have a history of child abuse, having your own children can trigger strong memories and feelings that you may have repressed. This may happen when a child is born, or at later ages when you remember specific abuse to you. You may be shocked and overwhelmed by your anger, and feel like you can't control it. But you can learn new ways to manage your emotions and break your old patterns.

Remember, you are the most important person in your child's world. It's worth the effort to make a change, and you don't have to go it alone. Help and support are available.

#### Tips for changing your reactions

**Learn what is age appropriate and what is not.** Having realistic expectations of what children can handle at certain ages will help you avoid frustration and anger at normal child behavior. For example, newborns are not going to sleep through the night without a peep, and toddlers are not going to be able to sit quietly for extended periods of time.

**Develop new parenting skills.** While learning to control your emotions is critical, you also need a game plan of what you are going to do instead. Start by learning appropriate discipline techniques and how to set clear boundaries for your children. Parenting classes, books, and seminars are a way to get this information. You can also turn to other parents for tips and advice.

**Take care of yourself.** If you are not getting enough rest and support or you're feeling overwhelmed, you are much more likely to succumb to anger. Sleep deprivation, common in parents of young children, adds to moodiness and irritability—exactly what you are trying to avoid.

**Get professional help.** Breaking the cycle of abuse can be very difficult if the patterns are strongly entrenched. If you can't seem to stop yourself no matter how hard you try, it's time to get help, be it therapy, parenting classes, or other interventions. Your children will thank you for it.

**Learn how you can get your emotions under control.** The first step to getting your emotions under control is realizing that they are there. If you were abused as a child, you may have an especially difficult time getting in touch with your range of emotions. You may have had to deny or repress them as a child, and now they spill out without your control.

### **Helping an abused or neglected child**

What should you do if you suspect that a child has been abused? How do you approach him or her? Or what if a child comes to you? It's normal to feel a little overwhelmed and confused in this situation. Child abuse is a difficult subject that can be hard to accept and even harder to talk about.

Just remember, you can make a tremendous difference in the life of an abused child, especially if you take steps to stop the abuse early. When talking with an abused child, the best thing you can provide is calm reassurance and unconditional support. Let your actions speak for you if you're having trouble finding the words. Remember that talking about the abuse may be very difficult for the child. It's your job to reassure the child and provide whatever help you can.

#### Tips for talking to an abused child

**Avoid denial and remain calm.** A common reaction to news as unpleasant and shocking as child abuse is denial. However, if you display denial to a child, or show shock or disgust at what they are saying, the child may be afraid to continue and will shut down. As hard as it may be, remain as calm and reassuring as you can.

**Don't interrogate.** Let the child explain to you in his or her own words what happened, but don't interrogate the child or ask leading questions. This may confuse and fluster the child and make it harder for them to continue their story.

**Reassure the child that they did nothing wrong.** It takes a lot for a child to come forward about abuse. Reassure him or her that you take what is said seriously, and that it is not the child's fault.

**Safety comes first.** If you feel that your safety or the safety of the child would be threatened if you try to intervene, leave it to the professionals. You may be able to provide more support later after the initial professional intervention.

#### How to report child abuse (and stay anonymous)

If you suspect a child is being abused, it's critical to speak up. But reporting child abuse seems so official. Many people are reluctant to get involved in other families' lives. But child abuse is NOT merely a family matter, and the consequences of staying silent can be devastating for the child. Please speak up.

Reporting child abuse can bring up a lot of difficult emotions and uncertainty. You may ask yourself if you're doing the right thing, or question if your voice will even be heard. Here are some tips for communicating effectively in difficult situations:

#### Tips for reporting child abuse

**Try to be as specific as you can.** For example, instead of saying, "The parents are not dressing their children right," say something like, "I saw the child running outside three times last week in subzero weather without a jacket or hat. I saw him shivering and uncomfortable. He seemed to want to come inside." However, remember that it is not your job to "prove" abuse or neglect. If suspicions are all you have, you should report those as



well.

**Understand that you may not learn of the outcome.**

Due to confidentiality laws in the U.S., unless you are a mandated reporter in an official capacity, you probably won't be updated by Child Protective Services (CPS) about the results of their investigation. The family may not broadcast that they have been mandated services, either—but that doesn't mean they are not receiving them.

**If you see future incidences, continue to call and report them.** Each child abuse report is a snapshot of what is going on in the family. The more information that you can provide, the better the chance of getting the best care for the child.

Answers to common worries about reporting child abuse

- **I don't want to interfere in someone else's family.** The effects of child abuse are lifelong, affecting future relationships, self-esteem, and sadly putting even more children at risk of abuse as the cycle continues. Help break the cycle of child abuse.
- **What if I break up someone's home?** The priority in child protective services is keeping children in the home. A child abuse report does not mean a child is automatically removed from the home—unless the child is clearly in danger. Support such as parenting classes, anger management or other resources may be offered first to parents if safe for the child.
- **They will know it was me who called.** Reporting is anonymous. In most places, you do not have to give your name when you report child abuse. The child abuser cannot find out who made the report of child abuse.
- **It won't make a difference what I have to say.** If you have a gut feeling that something is wrong, it is better to be safe than sorry. Even if you don't see the whole picture, others may have noticed as well, and a pattern can help identify child abuse that might have otherwise slipped through the cracks.

**Reporting abuse in your home or in child custody situations**

Witnessing abuse in your own home or suspecting abuse in a custody situation brings its own set of challenges and concerns. You may be afraid of what your abuser will do to you and your children if you speak up. You may also be concerned that the abuser will be able to cover his or her tracks or even turn the abuse around onto you. Culturally, it may not be acceptable for you to separate, adding additional feelings of shame and isolation. You may also be afraid of having your children taken away from you.

**Don't go it alone**

Domestic violence isn't just about black eyes. Manipulation and emotional threats to you and your children are also a form of abuse, power, and control. Fear of losing custody of the children can be extremely stressful for both women and men in abusive relationships. Child abuse allegations in divorce or child custody issues are

viewed very carefully to ensure they are not motivated by vindictiveness. However, if your abuser appears professional, well-groomed, and well-spoken to the outside world, you may feel like your concerns aren't being taken seriously. Worse, if your allegations remain unproven, they may even result in the abuser being given custody.

Therefore, if you are planning to separate, or have already separated and are in a custody battle, it is essential to get support and legal advice. Domestic violence organizations can help you connect with legal resources in your community, and may be able to provide an advocate to assist your case and attend court hearings. Domestic violence organizations can help you work out a safety plan for both you and your children, and in the U.S. can also help you make calls to CPS if needed.

Tips on how to report child abuse in your home or in a custody situation

1. **Stay calm.** Do not let your emotions dictate your actions, and do not vent your emotions onto the people who are assigned to investigate your case (CPS, law enforcement officers, etc.).
2. **If this is an emergency:** Call 911 or your local police.
3. **Document everything** from this point forward, including times, dates, and places. KEEP all documents from all professionals who have an opinion about the child abuse. This includes therapists, doctors, policemen, and teachers. If a professional informs you that they have an opinion or a suspicion of child abuse, have them document that suspicion, preferably in the form of an affidavit. Be sure to get a copy of any opinions from professionals regarding your child's case.
4. **Have your child evaluated.** Talk to medical and psychology professionals. If possible, have your child evaluated at a Child Assessment Center.
5. **Begin investigation.** Talk to law enforcement officers to initiate an investigation into the allegation of child abuse. Any reasonable belief of abuse or neglect should be reported to the police. If you have been too afraid to voice allegations in the past, let them know. If you have previously reported abuse, communicate the fact that you are trying to protect the child from further harm.
6. **Talk to CPS.** If the abuse is not criminal, talk to CPS to initiate an investigation into the allegation of child abuse.
7. **Get an attorney.** Get an attorney and start proceedings to gain full custody of your child and terminate the abuser's parental rights.
8. **Call Justice for Children (JFC).** If you encounter a problem with completing steps 3-6, call JFC at **1-800-733-0059**. Office hours are M-F 8-5 pm Central Standard Time.

## 6 Vitals Nutrition Tips for Seniors

Submitted by: Jessica Powskey | Prevention Coordinator | [www.AgingCare.com](http://www.AgingCare.com) by Emilee Seltzer

### 6 Vital Nutrition Tips for Seniors

As people age, their diets may need to change, especially if their diets are not well-balanced. Generally, doctors will recommend a well-balanced diet for older adults, meaning that they should eat a variety of fruits, vegetables, proteins and whole grains to maintain and improve overall health. According to Ruth Frechman, registered dietitian and spokesperson for the American Dietetic Association, in addition to eating a healthful variety of foods, there are specific things a caregiver can incorporate into their loved one's diet to boost his or her health.

#### Prepare Meals Rich in These Nutrients

**Omega 3 Fatty Acids:** The acids have been proven to reduce inflammation, which can cause heart disease, cancer and arthritis.

They can be found in flaxseeds and flaxseed oil, walnuts, canola oil, and different types of fish. Your older relative should have foods rich in this nutrient twice per week. If this is impossible, check with their doctor to see if an Omega 3 supplement would be beneficial.

**Calcium:** The need for calcium increases as people age. This is primarily to preserve bone health. One added benefit of calcium is that it helps to lower blood pressure. The World Health Organization (WHO) recommends that adults over the age of 50 get at least 1200 milligrams per day of calcium – equal to about four cups of fortified orange juice, dairy milk, or fortified non-dairy milks such as almond or soy. Leafy greens like kale and turnip greens are also great sources of absorbable calcium. Many people find it challenging to consume this much calcium per day by eating and drinking, so check with your loved one's doctor to see if he or she should take a calcium supplement.

**Limit Sodium Content:** For those with hypertension (high blood pressure) one of the most important things caregivers can do to help reduce a loved one's hypertension is to prepare foods that are low in sodium. Most people are surprised to find out that added table salt accounts for only a small percent of sodium content in food. Frozen, processed and restaurant foods are typically extremely high in sodium, and should be avoided or only be a very small part of the diet. Fresh and frozen fruits and vegetables, dry beans, unsalted nuts and nut butters, and grains like brown rice and oats are all foods that are naturally low in sodium, so try and incorporate them as much as possible in their diet.

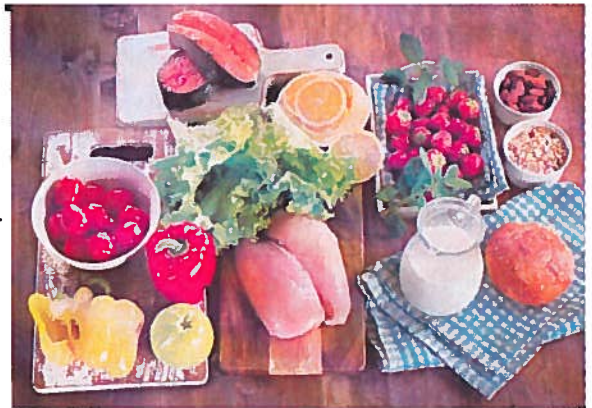
**Hydrate:** As people age, they do not get thirsty very often, even though their bodies still need the same amount of liquids. If you notice that your loved one is not drinking liquids very often, make sure that you provide them with it. If they do not feel thirsty, chances are they may not think about drinking a glass of water. If you are concerned that your loved one may not be properly hydrated, check his or her urine. Urine is the surest sign of hydration or lack of it. If their urine is clear and light, then they are most likely properly hydrated. If, however, their urine is dark and/or cloudy, they will need to start drinking more liquids.

**How to Help a Senior Make Dietary Changes:** Making dietary changes can be difficult for anybody. It can be especially difficult for older adults, though, because people get stuck in habits. If your loved one needs to make dietary changes to increase their health and well-being, there are specific things that you, the caregiver, can do to help with the change. Frechman recommends three important areas in which caregivers can help.

**Incorporate Changes Gradually:** Older people are usually skeptical of change. They need to make small changes gradually. As the caregiver, you should reinforce this and make sure that your loved one is incorporating the new foods into their diet. For example, if your parent is diabetic and needs to adjust their carbohydrate intake consistency, incorporate oatmeal as breakfast once or twice per week. As they get used to it, oatmeal can be added to three to four times per week. If your parent normally eats white bread, give them a wheat bread sandwich a couple times per week, and gradually increase it so that white bread is completely cut out of their diet.

**Set an Example:** When an older adult has to change their diet for health reasons, they can feel singled out. Eating is a social activity and it is important to eat meals with your loved one. It is equally important that when you eat with them, you eat the same foods as them. When sitting down for a family meal, don't make a special meal for your aging loved one and something different for everybody else. By eating with them and eating the same foods as them, the dietary changes being made won't seem so drastic.

**Make Smoothies:** Sometimes older adults simply refuse to make necessary nutritional changes, even if they are doctor recommended. People with dementia, especially, may refuse to eat certain things. Be creative. If your loved one needs protein, try making them a smoothie with wheat germ. Wheat germ is not a supplement that may interact with prescription medications, but an actual food with very high amounts of protein. Sometimes, foods can be blended into a smoothie to ensure that your loved one consumes the necessary nutrients.





## Alcohol Awareness Month • Did You Know?

Submitted by: Vondell Bender | GHWIC Educator

# Alcohol Awareness Month

### Did you know?

75,000 deaths are caused by alcohol abuse every year

#### What is a standard drink?



A standard drink is defined as 12 ounces of beer, 5 ounces of wine, or a 1.5 ounce shot of hard liquor.

#### Drunk Drivers



2 out of every 3 people are involved in a drunk driving crash throughout in their lifetime

#### Your Body and Alcohol



One drink per hour is the average a person will metabolize alcohol, meaning that it takes the liver this much time to completely break down the alcohol.

#### Alcohol Abuse at Home

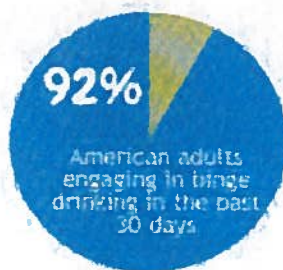


Over 10% of children in the United States are living with a parent dealing with alcohol problems.

### ALCOHOL ABUSE IN THE UNITED STATES



1 in 13 adults have an alcohol abuse problem



#### What is binge drinking?

When your blood alcohol content (BAC) level is 0.08% or more. The legal limit in every state is any number below 0.08%

#### Am I legally drunk?

Although your BAC level may be legal, this does not always mean that you are fully capable of operating a motor vehicle. Always think twice before getting behind the wheel after drinking!

**Please drink responsibly or seek help if you cannot!**



## April is Alcohol Awareness Month FAQ's AND One Way Alcohol Causes Cancer

Submitted by: Vondell Bender | GHWIC Educator

### APRIL IS ALCOHOL AWARENESS MONTH Frequently Asked Questions:

**What health problems are associated with Excessive alcohol use?** Excessive drinking both in the form of heavy drinking or binge drinking, is associated with numerous health problems including—

- Chronic diseases such as liver cirrhosis (damage to liver cells); pancreatitis (inflammation of the pancreas); various cancers, including liver, mouth, throat, larynx (the voice box), and esophagus; high blood pressure, and psychological disorders.
- Unintentional injuries, such as motor-vehicle traffic crashes, falls, drowning, burns and firearm injuries.
- Violence, such as child maltreatment, homicide, and suicide.
- Harm to a developing fetus if a woman drinks while pregnant, such as fetal alcohol spectrum disorders.
- Sudden infant death syndrome (SIDS).
- Alcohol abuse or dependence

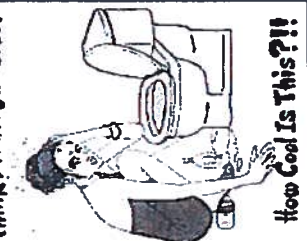
### I'm young. Is drinking bad for my health?

Yes, studies have shown that alcohol use by youth and young adults increases the risk of both fatal and nonfatal injuries. Research has also shown that youth who use alcohol before age 15 are six times more likely to become alcohol dependent than adults who begin drinking at age 21. Other consequences of youth alcohol use include increased risky sexual behaviors, poor school performance, and increased risk of suicide and homicide.

### What does moderate drinking mean?

According to the *Dietary Guideline for Americans*, moderate alcohol consumption is defined as having up to 1 drink per day for women and up to 2 drinks per day for men. This definition is referring to the amount consumed on any single day and is not intended as an average over several days. However, the *Dietary Guideline* **do not** recommend that individuals who do not drink alcohol start drinking for any reason.

Think Drinking Is Cool?

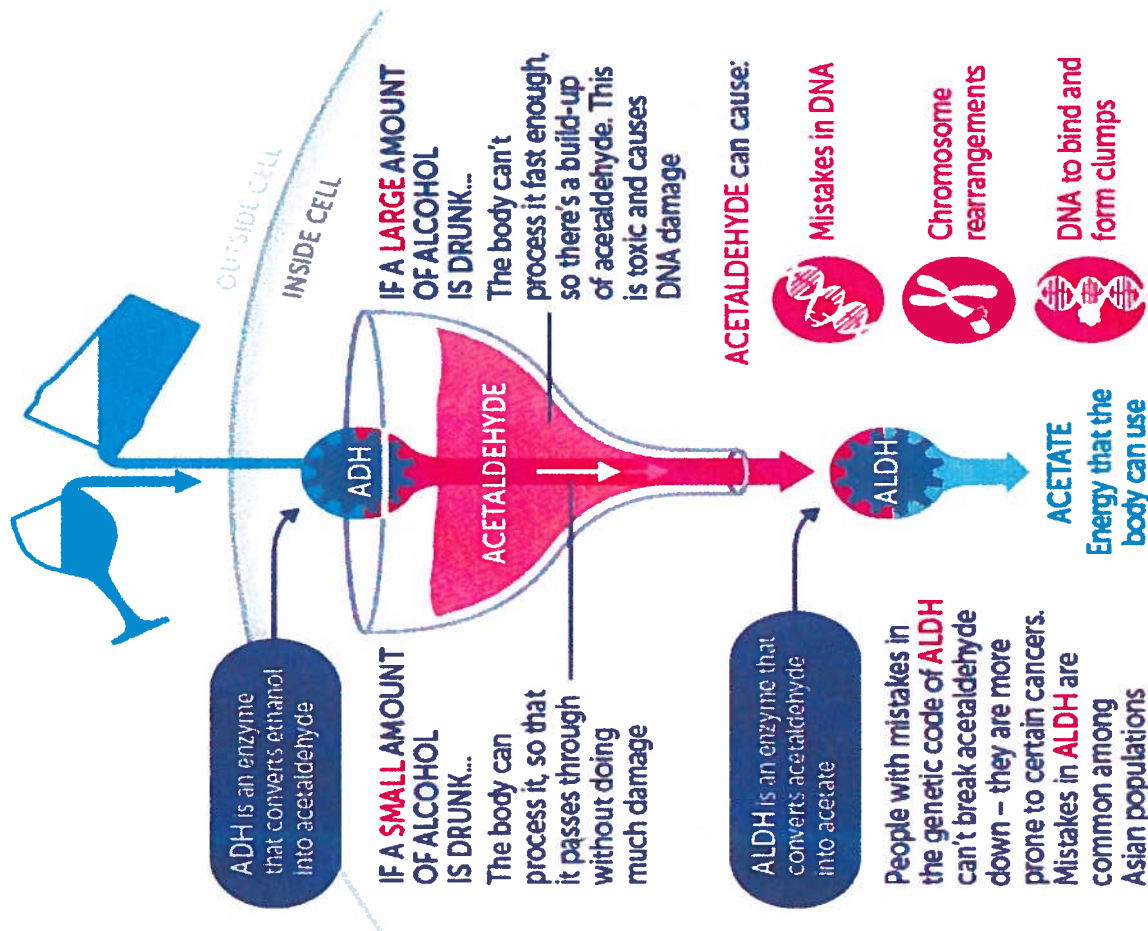


How Cool Is This?!?



## ONE WAY ALCOHOL CAUSES CANCER

ETHANOL (ALCOHOL)





## Using Alcohol to Relieve Your Pain: What Are the Risks?

Submitted by: Vondell Bender | GHWIC Educator



National Institute  
on Alcohol Abuse  
and Alcoholism

## Using Alcohol to Relieve Your Pain: What Are the Risks?

People have used alcohol to relieve pain since ancient times. Laboratory studies confirm that alcohol does indeed reduce pain in humans and in animals. Moreover, recent research suggests that as many as 28 percent of people experiencing chronic pain turn to alcohol to alleviate their suffering. Despite this, using alcohol to alleviate pain places people at risk for a number of harmful health consequences.

### What Are the Risks?

#### Mixing Alcohol and Pain Medicines Can Be Harmful

- » Mixing alcohol and acetaminophen can cause acute liver failure
- » Mixing alcohol and aspirin increases risk for gastric bleeding
- » Alcohol increases analgesic, reinforcing, and sedative effects of opiates, elevating risk for combined misuse of alcohol and opiates as well as overdose.

*If you're taking medications to manage your pain, talk to your doctor or pharmacist about any reactions that may result from mixing them with alcohol.*

#### Analgesic Doses of Alcohol Exceed Moderate Drinking Guidelines

- » The greatest pain-reducing effects occur when alcohol is administered at doses exceeding guidelines for moderate daily alcohol use.\*
- » Tolerance develops to alcohol's analgesic effects so that it takes more alcohol to produce the same effects. Increasing alcohol use to stay ahead of tolerance can lead to other problems, including the development of alcohol dependence.

*\*According to the Dietary Guidelines for Americans, drinking in moderation is defined as having no more than 1 drink per day for women and no more than 2 drinks per day for men.*

#### Chronic Alcohol Drinking Makes Pain Worse

- » Withdrawal from chronic alcohol use often increases pain sensitivity which could motivate some people to continue drinking or even increase their drinking to reverse withdrawal-related increases in pain.
- » Prolonged, excessive alcohol exposure generates a painful small fiber peripheral neuropathy, the most common neurologic complication associated with alcoholism.

*If you use alcohol to relieve your pain, it is important to learn about possible adverse health effects. Ask your health care provider if any alcohol use is safe for you.*

#### References:

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- Riley III, J.L., and King, C. Self-report of alcohol use for pain in a multi-ethnic community sample. *Journal of Pain* 10:944–952, 2009.



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Updated July 2013



**April is National Child Abuse Prevention Month • Every Child Matters**

*Submitted by: Vondell Bender | GHWIC Educator*

# Every Child Matters

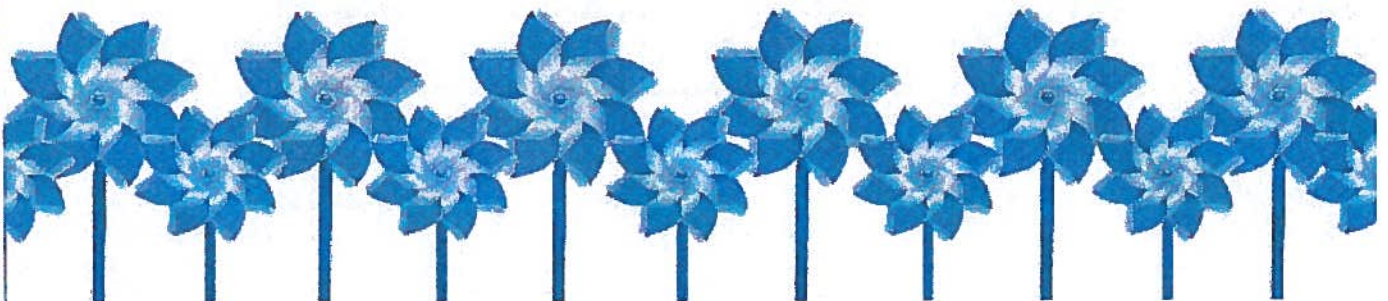
## 10 Reasons To Stand Up For Children

10. Children are the heart of our future.
9. Everyone can make a difference in a child's life.
8. It's easier to build strong children than to repair broken adults.
7. All children are special.
6. There is no excuse for child abuse.
5. Child thrive when adults care.
4. Protecting children is everyone's job.
3. Each child deserves to be cherished.
2. Children are our most valuable natural resource.
1. Because they can't always stand up for themselves.



Support Our Hualapai Children, Stop the Abuse.

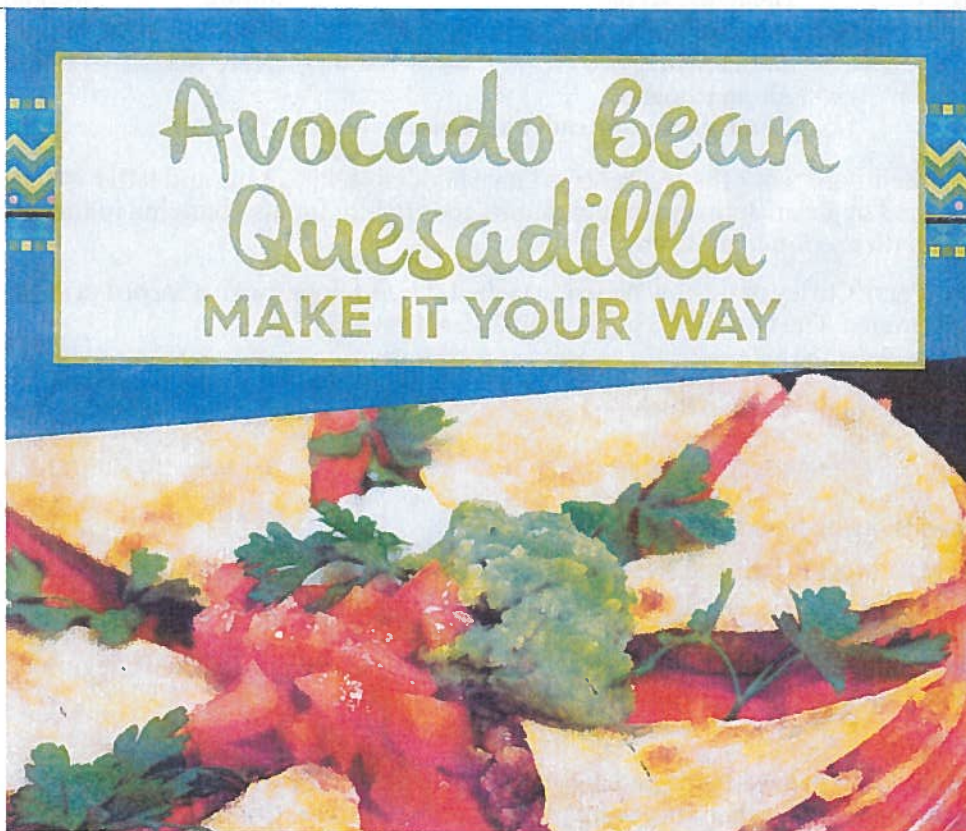
## April is National Child Abuse Prevention Month





**Avocado Bean Quesadilla • Make It Your Way***Submitted by: Vondell Bender | GHWIC Educator***Prep:**

1. In 10-inch nonstick. Heat skillet to 375 degrees.
2. Seed, peel, and slice the avocados into slices each. In a small bowl, toss the avocados slices with the lime juice. Gently toss to evenly coat the slices. Set aside.
3. Place a tortilla on the griddle. Cook for 30 seconds and then flip.
4. Immediately on one half of the tortilla, add 4 avocados slices, 1/2 cup of cheese, and a few tablespoons of black beans (about 1/4 of the contents of the can).
5. Fold the empty half of the tortilla onto the toppings. Cook like this for about 2 minutes. The cheese should be starting to melt.
6. Flip the quesadilla and brown the other side until all the cheese is melted. This should take about 2 minutes. Repeat with remaining tortillas.
7. Mix Sour cream and Tabasco together to use as a dip or topping for quesadilla.



**Avocados** From **Mexico**

◆◆◆ ALWAYS IN SEASON ◆◆◆

**Ingredients:**

- 1 tablespoon vegetable oil
- 2 medium avocados
- 1 tablespoon lime juice
- 15 oz. can black beans, rinsed and drained
- 4 tortillas
- 2 cups shredded cheese
- Sour cream
- Tabasco sauce

# COMMUNITY MESSAGES

**Seligman Antelopes Awards Banquet***Submitted by: Helen J. Watahomigie***This is a reprint and apology for my misprint—Helen****Seligman Antelopes Awards Banquet****March 7, 2017**

Opening remarks from Mrs. Joanne Curley were very inspiring. She thanked the Hualapai Tribal Council for allowing the girls and boys basketball teams to utilize the tribal gym here in Peach Springs. The Lady Lopes played hard and never gave up, despite losing all their games. They barely had enough players sometimes just five girls but they stuck it out. Even making it to the Regional's, it was quite an experience for them.

Players included the following:

Freshmen — Delaynee Wells  
 Sophomores— Noshaw Powsey  
 Jenna Siyuja  
 Alona Rhoades  
 Yuana Flores (Academic Award)

Junior — Kyreen **MAHONE**  
 Senior — Luane Clark  
 Score Keeper—TeAnna Calico

For their hard work they all received nice hooded jackets, pins and letter awards. Last but not least they were coached by Brian Johnson, many thanks goes to him for also hanging in there with the girls and never giving up on them. Han kyu! Brian

Mr. Perry Curley and Dion Walker coached the Antelopes with a record of seven wins and nine losses in their conference. The boys had a challenging season as well.

Players included:

Freshmen — Dontae Rocha  
 John Bryant  
 Trevell Walker

Juniors — Anthony Siyuja  
 Jordan Ramirez  
 Seniors — Kobe Siyuja  
 Cody Leist

The following boys received awards:

6 <sup>th</sup> Man Most Promising Awards —	Dontae Rocha	Most Three Pointers (57) —	Cody Leist
	John Bryant	Most Valuable Players Co-Captains—	Kobe Siyuja
Most Points (317) —	Trevell Walker		Jordan Ramirez
Most Offensive Rebounds (190) —	Antony Siyuja	1 <sup>st</sup> Team All Region Selected by Coaches —	
Most Defensive Rebounds (190) & Academic Award	Jordan Ramirez		Kobe Siyuja

All the boys received pins and award letters as well. Way to go girls and boys, many enjoyed watching your games especially when they were played here on the rez! Good luck next year and keep ballin' it. Sad but true Mr. and Mrs. Curley are retiring and hanging up their converse's, Perry handed down his clip board to Dion and told him not to break it as he did the other one he gave him. You both will be greatly missed.

Nyach yu,  
 Helen J Watahomigie

To: Rebound to the community  
 From: Zeke Smith, Tribal member

Jo Gamyu mah hanje? To those that keep the love and warmth tight in their hearts. May we always cherish what we have around us as a whole, as in community, the people of the Tall Pines and communication to the fullest, writing, speaking, proving, feeling, hearing and looking is an understatement of each individual seeking a beginning. The topic is the Constitution/Article II membership, I, Zeke Smith, am a Hualapai full time, everyday, all day 4/4. I speak and hear it best in many different ways. What I lack is "written" Hualapai, though I don't believe just because I haven't learned or didn't pay attention—I'm not Hualapai. This hurts my heart for many reasons, I know deep inside I know how to write Hualapai, I'm born to know. The discussion I'm writing here today is undermined about blood degree. Look here, we all wanna be Hualapai, for what reasons? Have you lived here most of your life? Do your children deserve to be Hualapai? Do you know what 1/4 is? Let me put it this way, I call it "just add water" to everything we do and what we don't do; is who are we now? Are we still Hualapai's? In your heart you are "no", you're exile now. So, my fortify is to be fruitful and multiply and fill the land and subdue it, within our nation, the People of the Tall Pines, is the future. Membership means within our nation, our people who are a tribe, that requires a degree. Citizenship means govern by the country as well as in states, federal, county and reservations. "No", they are different topics and different meanings. My opinions and solutions are off this chart different but I stand up for my beliefs on this nation of one and "Yes", we do have many bands and I know we agree to disagree the compromise of understanding. We all want it our way. The Constitution needs to balance and remodeled to work for us, the Hualapai Tribe. I'm pretty sure this is difficult to some; what a great length. I say "nee" to the oppose and stand to 3/4. This preamble has discombobulated me, just set it right and move forward to other bigger issues to what is and to what may come in the near future, is the difference. May all be safe during this summer and stay cool. Until again, laterz! Ma, mihan mijah—ha:kiyo!



# WE LOVE OUR VOLUNTEERS

*"The Peach."*

*The Hualapai Nation's Live and Local Radio Station  
Proudly Announces and Congratulates  
March 2017 Volunteer of the Month:  
Willow Majenty aka "DJ Pillow"*



*Willow Majenty, Peach Springs community and Hualapai Tribal member joined the KWLP volunteer DJ crew last summer. She is an enthusiastic participant at the station! Each Tuesday afternoon at 2:00 DJ Pillow hosts "The Rock Out Hour". The show began as a tribute to her late father. She plays the Rock & Roll Music her Dad loved, as well as new rock she loves. She shares some interesting information about the artists and songs, too. Staff can count on her to show up for her show and be well-prepared. She is open to suggestions and very helpful at station events. All this earns her the staff's gratitude and appreciation and \$100 in incentives! Tune in if you enjoy rock & roll or want to support a community youth in a positive volunteer endeavor!*

*If you'd like to join the Peach volunteers: Call 769-1110. KWLP*

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